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*The  
Cosmetic  
Tattooist*

## Pre & Post Care For Tattoo

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General Guidelines for pre  
and post care Tattoos

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# PRE & POST CARE

BY THE COSMETIC TATTOOIST

# TATTOO

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## Pre Care

**Six  
Weeks  
Before**

**DO  
NOT**

No Chemical Peels.  
No Laser Skin Treatments.  
No Skin Resurfacing Treatments.  
No Antibiotics.

**DO**

Maintain a good hygiene and skincare routine to keep skin healthy and prevent ingrown hairs.  
Wear SPF Factor 50+.

**Four  
Weeks  
Before**

**DO  
NOT**

No Deep Exfoliating Treatments on treatment area such such as Facials / Massages etc  
Discontinue use of Vitamin A Derivatives such as Retin-A, Retinol, Retinal etc on treatment area.

**DO**

Ensure skin is well moisturised.  
Continue grooming as wanted / per usual.

**Two  
Weeks  
Before**

**DO  
NOT**

Discontinue use of skincare products containing AHA's and BHA's such as Niacinamide and Glycolic, Lactic and Salicylic Acid.  
Discontinue use of skincare containing physical exfoliations such as walnut, salt etc.  
No Sunbeds or excessive exposure to sun.  
No false tan.

**DO**

Utilise only a gentle shower gel / bath cream and moisturiser with no AHA, BHA or physical exfoliant ingredients.  
When needed use a muslin cloth, flannel or a sponge for gentle exfoliation during baths and showers.  
Ensure you gently exfoliate to remove any remaining false tan.

**One  
Week  
Before**

**DO  
NOT**

No hair removal / grooming (waxing, shaving, epilating etc)  
Discontinue consumption of blood thinning vitamins/supplements such as Vitamin E, Fish Oil, Turmeric, Bromelain.

**DO**

Allow Natural Regrowth  
Ensure you are remaining well hydrated. Hydrated skin retains ink better.  
Reschedule appointment if unwell. 48 hour cancellation policy applies.

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## Pre Care

**Forty  
Eight  
Hours  
Before**

**DO  
NOT**

Discontinue use of blood thinners and anti-inflammatories such as aspirin and ibuprofen. \*Please note: DO NOT come off any prescription / medically recommended blood thinners without medical consent.

**DO**

Complete your treatment forms via the link sent to your e-mail.

**Twenty  
Four  
Hours  
Before**

**DO  
NOT**

No Alcohol

**DO**

Stay well hydrated.  
Prepare for appointment by checking appointment time, address, parking etc allowing for an additional hour more than your allocated treatment time.

## The Day Of Your Treatment

**DO  
NOT**

No Caffeine.  
No Exercise.  
No Sunburn or active / open sores or spots (including razor burn) near the treatment area  
No colds / flu / illnesses.  
\*Please note: If you arrive to your appointment unwell your treatment will be rescheduled and deposit forfeited.

**DO**

Optional: Hair must be removed from the treatment area before a tattoo treatment is performed. If you would prefer to do this yourself please use do so carefully, either submerged or under running water and using a new razor head. Not following these steps can cause razor burn and the treatment would have to be postponed. . It is recommended that the artist remove hair prior to treatment however if you do not feel comfortable with this then please do so carefully under the understanding that should the treatment not be able to go ahead, deposit will be lost and a new deposit required for rebooking.  
Arrive on time and pay for appointment.  
Relax and let us work our magic.  
Pay for treatment prior to leaving premises.

**Post Care**  
To be followed after your treatment 

# TATTOO Post Care

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## Day One

Follow the aftercare instructions provided below:



You will have a waterproof clear adhesive film dressing covering the tattoo.



The body produces plasma to naturally cleanse and protect the wound. This can sometimes be seen as clear/yellow transparent fluid beneath the dressing or this fluid can become coloured by the colour ink used for the tattoo.



Keep your first dressing on for 3 days. (If you had a morning appointment, change your dressings in the mornings. If you had an afternoon appointment, change your dressings in the evening.)

## After Care Notes

**Redness**, swelling and minor discomfort is completely normal following a tattoo procedure. This will subside within the following 12-24 hours.

**Do not** wear any tight clothes which will put pressure onto the tattoo or will be abrasive.

**Do not be alarmed** if there appears to be ink mixed with plasma creating a bubble beneath the dressing. This is completely normal.

**If the bubble becomes tight** / is pulling the dressing upwards you can use a sterile pin to pop the dressing, drain the fluid and apply a patch of spare dressing over the compromised area.

**You can change the dressing** (following the instructions below) after 24 hours. Only do so if the dressing is compromised and patching the dressing will not suffice

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## Day Three

Follow the aftercare instructions provided below:



Remove your dressing.

To remove the dressing with minimal discomfort roll back the edges of the dressing to release one of the corners. Take this corner and pull the dressing outwards keeping it close to the surface of the skin. Repeat this motion as you move round the edges of the dressing, the stretching motion releases the adhesive bonds making it a more gentle removal method.

Gently wash your tattoo to remove excess pigment or plasma with a gentle cleanser and warm water.

Pat the tattoo dry using kitchen towel or gauze.

Apply a thin layer of aftercare ointment to the tattoo.

Apply a new clear adhesive film dressing over your tattoo.

Leave the new dressing on for another 5 Days.

## After Care Notes

**Do not wipe to dry the tattoo,** instead use a gently blotting/pressing motion to lift off excess / remaining moisture

**Use only a very small amount of aftercare balm** to provide a thin layer of moisture and hydration. The aftercare should melt into the skin and not sit on top of it.

**Thoroughly wash hands,** wear gloves or use a cotton bud to apply aftercare balm.

**Although it looks great,** the tattoo is technically still an open wound so infection prevention is of the highest importance.

**You can change the dressing** (following the same steps) prior to 5 days. Only do so if the dressing is compromised and patching the dressing will not suffice.

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## Day Eight

Follow the aftercare instructions provided below:



Remove your dressing, wash and dry the tattoo, apply your aftercare balm and reapply your dressing following the same steps..

Leave the new dressing on for another 5 days.

## After Care Notes

**Light scabbing and flaking is normal** and may be present, these will appear as areas of darker and or bolder colour in the tattoo.

**Ensure you cover the entire surface area** of the tattoo with the thin film of aftercare balm to prevent any scabs becoming stuck to the dressing. If scabs are lifted prematurely it can cause open wounds, patchiness, reduced ink retention or scarring.

**You can change the dressing** (following the same steps) prior to 5 days. Only do so if the dressing is compromised and patching the dressing will not suffice.

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## Day Thirteen

Follow the aftercare instructions provided below:



Remove, wash and dry your tattoo following the same steps but do not apply a new dressing

Apply aftercare balm to the area a minimum of 2 times per day

If the tattoo is feeling tight throughout the day, additional applications of aftercare balm can help provide relief and promote final stages of healing.

## After Care Notes

**It is imperative** that you allow any scabs / flakes to shed away from the skin naturally or during gentle washing and that you do not cause premature lifting or exfoliation as this can cause poor pigment retention, patchiness and scarring.

**You may resume showering as normal now** however the tattoo should not be submerged under water until any flakes or scabs have come away.

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## After Skin Shedding Day Thirteen+

Follow the aftercare instructions provided below:



Shower as normal and continue using a gentle cleanser on the tattoo until any remaining scabs or dry skin have healed.



Continue to use aftercare balm for the duration of any post healing dry skin.



Continue to moisturise your healed tattoo, doing so will give your tattoo a more refreshed appearance and make details much more visible.

## After Care Notes

**Remember**, once new skin healed over the ink the lines will always be softer and slightly more blurred than they were originally implanted. This is to be expected.

**Fine line tattooed are prone to patchiness** or inconsistent retention and are at a higher likelihood of needing retouches. This is due to their simple design highlighting any flaws.

**If an additional treatment is needed**, you must wait a minimum of 4 but ideally 6 weeks before the same area of skin can be tattooed again.

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## General Guidelines

### Tattoo Dressing

- Do Not** remove your dressing prematurely.
- Do not** leave your dressing on for longer than the suggested time frames.
- Do** Follow your aftercare instructions and change your dressing on day 3 and 8.
- Do** Remove your dressing permanently on day 13.

### Additional Notes

**In some rare occasions** clients may have unknown adhesive allergies and therefore become irritated by the dressing. If this is the case, you may remove the adhesive dressing and continue with the aftercare steps using cling film and hypoallergenic medical tape as an alternative.

### Hygiene & Moisture

- Do Not** get your tattoo wet during the healing process apart from when cleaning them as directed.
- Do not** submerge the dressing or expose tattoo in water.
- Do** Clean your tattoo on day 3 and 8 before reapplying your dressing.
- Do** Continue with normal hygiene routine from day 13 onwards.

### Additional Notes

**The only time the tattoo should be exposed** to moisture during the healing process is when being cleaned with the gentle cleanser and cooled boiled water.  
**When washing your body** use a flannel, cloth or sponge to carefully clean around the dressing but avoid cleaning directly over it as this can reduce the bonds.  
**The dressing is waterproof** however when showering or bathing ensure the water runs off the body and away from the tattoo and is never submerging it entirely.

### After Care Balm

- Do Not** apply any products on or around the tattoo other than the aftercare balm provided
- Do** apply the aftercare balm as directed.
- Do** Continue with aftercare balm until post tattoo dry skin settles or until finished, at which point you can switch to a normal moisturiser

### Additional Notes

**Although the tattoo will look beautiful**, they are still an open wound and therefore susceptible to infection  
**Products with active ingredients**, parfum, or that are not intended to be applied to broken skin can cause complications such as irritation, reaction or scarring  
**No products should not be applied** to or around the tattoo until the skin has completely healed. This includes tanning products and exfoliants etc.

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## General Guidelines

### Exercise

**Do not** perform high intensity or sweat inducing exercises for a minimum of 5 days, ideally 7

**Do not** exercise with others / in public gyms for a minimum of 10 days, ideally 14

**Do not** have hot steamy showers / baths or use steam rooms / saunas for a minimum of 14 days

**Do** You can do low intensity exercises at home if needed such as gentle yoga, low intensity weights, walking etc

**Do** Ensure baths / showers are not hot enough to cause steaming and sweating of the skin.

### Additional Notes

**Exercise, hot steamy showers / baths and saunas / steam rooms** cause the body to produce sweat which can compromise the healing of your cosmetic tattoo.

**Sweating flushes the body** through the skin so can encourage exfoliation of pigment and therefore poor retention

**Sweat also cleanses the body of toxins and bacteria.** This creates an infection risk, especially when in a shared environment. Avoid gyms, spas and areas where others exercise / sweat until the lips are healed.

**Avoid gyms, spas** and areas where others exercise / sweat until the tattoo is healed.

### Picking, Itching & Scratching

**Do not** pick, pull, itch, rub, scratch or touch the tattoo apart from when cleaning or applying the aftercare balm as instructed

**Do** Follow the aftercare steps by removing dressing, cleaning, drying, apply aftercare balm and new dressings when required. Ensure to have hygiene at the forefront of your thoughts.

### Additional Notes

**Our fingers carry and pick up a lot of bacteria.** Touching the tattoo without thoroughly cleaned hands can introduce bacteria to the wound and cause an infection

**Picking, itching, rubbing etc** can cause premature lifting of the scabs which in turn can lead to patchy healing, poor retention and scarring

### Sun Exposure

**Do not** expose your tattoo to sun beds or excessive sun exposure for a minimum of 4 weeks post procedure

**Do** Once the tattoo is healed, wear a high factor SPF from there on out to prevent premature fading or colour shift

### Additional Notes

**The tattooed skin** has been forced to regenerate prematurely so will be more sensitive to UV light and therefor can burn more easily. Sun burn of fresh skin can cause discomfort and hyper or hypo pigmentation

**It is recommended** to wear a high SPF daily on the tattoo to protect against UV rays. Be especially mindful of this when on holiday or using sun beds etc. Utilise SPF chapsticks or balms for extra protection.

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## General Guidelines

### Skincare

**Do not** use skincare products around the tattoo which contain AHA's, BHA's or Vitamin A derivatives for 30 days

**Do not** If you are due another session, discontinue use until 30 days after your final session

**Do** Continue to look after and cleans the skin using a gentle skincare routine

### Additional Notes

**AHA's, BHA's and Vitamin A** derivatives cause changes to the skins texture and regeneration cycle. They can cause premature exfoliation of pigment and irritation to newly healed skin.

### Healing

**Do not** resume hair removal / grooming services such as waxing, shaving or epilating for a minimum of 4 weeks post procedure or until dry skin is no longer present.

**Do** Strictly follow the aftercare instructions to heal your tattoo as quickly and healthily as possible.

### Additional Notes

**Causing abrasion** to the newly healed skin can cause redness, irritation and sensitivity.

### Clothing

**Do not** wear tight clothing during your tattoo healing period.

**Do** Wear loose comfortable clothing whilst your tattoo goes through the healing phases.

### Additional Notes

**Causing pressure or abrasion** to the tattoo can trigger irritation, swelling and inflammation. It can also cause premature exfoliation of pigment leading to patchy or reduced ink retention and possibly scarring.

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