

Tattoo Aftercare Instructions

Please be aware the a fresh tattoo is an **open wound** that needs to **heal**, and it needs to be treated accordingly, with special care given to **hygiene**. Failure to take good care of your healing tattoo may affect how it looks, so please read carefully.

Healing takes up to 3 weeks. During this time please follow these instructions!

What you need for taking care of your tattoo

1. Ointment/Cream → a **perfume-free** cream/ointment containing **Panthenol** is best; **Bepanthen** is a suitable example, you can buy it in pharmacies anywhere in Berlin (a small tube is usually more than enough)

Follow these steps

1. We will dress your tattoo with a transparent bandage (“second skin”), which you can leave on for **2-3 days**. You **do not** need to remove it or change it, and you can shower with it without problems, as it adheres strongly to your skin.
2. Carefully remove the bandage after 2-3 days and gently wash the area with mild soap and warm water. Pat dry with a paper towel. Apply a small amount of ointment.
3. For the next 2-3 weeks apply a ointment **at least 3x/day** to keep the healing tattoo from drying out while it is healing.

NOT ALLOWED during the healing process

- Exposure to direct sunlight
- Sports (especially during the first 3-4 days)
- Swimming pools
- Oceans (all of them)
- Lakes
- Bathtubs
- Saunas

Notes

- Your tattoo may **itch** while it is healing, this is normal; **do not scratch** – if it itches a lot you can try slapping it *lightly* (yeah baby)
- Should you bask in the sun you should always **apply strong sun screen (SPF 30+)** over your tattoo; this will help it from bleaching out over the years

If you have any questions, contact us anytime at ligatattooberlin@gmail.com.

