TATTOO AFTERCARE ADVICE SHEET

LISTEN TO WHAT YOUR TATTOOIST SAYS INITIALLY,

- remove dressing after a minimum of 6 hours
- wash with warm water and use a mild, unperfumed soap
- rinse and pat dry with your own soft clean towel
- apply suitable (or recommended) antiseptic cream sparingly
  do not re-cover or bandage

Then, until tattoo has healed:

- wash tattoo gently at least twice daily using mild un-perfumed soap and pat dry with your own clean towel
- apply antiseptic cream after each wash
- continue for at least 10 days
- do not bandage or cover tattoo

DO NOT pick scab or touch tattoo

DO NOT cover tattoo with bandages or plasters

DO NOT wear tight clothing. Cotton clothes are best

DO NOT soak tattoo, have prolonged showers or go swimming

DO NOT use Vaseline or perfumed soap and creams

DO NOT allow scab or healing tattoo to become too dry. Apply un-perfumed lotion sparingly and frequently

DO NOT use a sauna or steam room

AVOID excess sweating, physical activity or contact sports

AVOID the sun. Use high SPF sunblock. Do not use a sunbed

AVOID dirt, grease, oil, chemicals, pets etc

DO NOT TAKE ADVICE FROM YOUR MATES!
If you have problems, talk to your tattooist or doctor

The advice contained on this sheet is for general information only. Derby City Council cannot be held responsible for any complication arising from having a tattoo or the aftercare of the procedure.