



Tattoo
AFTERCARE
GUIDE

<https://julianybraga.me/aftercare>

CONGRATS ON YOUR NEW TATTOO!

NOW YOU'VE LEFT THE STUDIO, YOU'LL
WANT TO ENSURE YOUR TATTOO IS
PROPERLY CARED FOR. FOR OPTIMAL
HEALING RESULTS, FOLLOW THE
GUIDELINES AS BELOW.



IMMEDIATELY AFTER

✦ WEAR LOOSE/SOFT CLOTHING OVER THE
AREA TO PREVENT ANY RUBBING OR
DISCOMFORT

✦ DRINK LOTS OF WATER TO PROMOTE
FASTER HEALING AND HEALTHY SKIN

✦ CREATE A CLEAN ENVIRONMENT AT HOME
AND KEEP YOUR TATTOO AWAY FROM ANY
PETS + THEIR FUR. FRESH BED SHEETS ARE
ALWAYS A GOOD IDEA.



PRODUCTS



[CETAPHIL](#)

\$2.99

[CLICK TO PURCHASE](#)

STEP 1: CLEAN

Wash it with a gentle unscented soap and let it air dry or use a clean paper towel.

Please avoid using your bath towel, as it's most likely dirty and could harbour bacteria.

Avoid scratching or touching. Let it breathe and wear loose clothing, if possible.

Keeping the skin clean and hydrated after getting a new tattoo is important.

Avoid harsh scrubs or exfoliating products. You want to cleanse the skin without compromising the integrity of the skin barrier.

Quantity: Small amount proportional to tattoo size

Frequency: Twice a day



[CERAVE](#)

\$12.78

[CLICK TO PURCHASE](#)

STEP 2: HYDRATE

This CeraVe Moisturizing cream is packed with ceramides, that are good for fresh tattoos because they can help hydrate and protect the skin.

It's also great for protecting your freshly inked skin immediately following your tattoo session.

Apply it for the first 2 weeks following your tattoo, and then switch to the moisturizer for two weeks after that. AVOID petroleum based products.



[LUBRIDERM](#)

\$9.47

[CLICK TO PURCHASE](#)

STEP 3: MAINTAIN

CeraVe or Lubriderm are gentle and unscented and are a great option for a basic moisturizer to keep your skin hydrated.

Apply on the fifth day following your tattoo and keep using it for two weeks after that. Many people keep using ointments like Vaseline, but I recommend moisturizing lotions instead that let your pores breathe and get absorbed by the skin, I advise against Vaseline for this phase of the aftercare routine.

I. HOW TO REMOVE YOUR BANDAGE

*WAIT ABOUT 24 HOURS
TO MAX OF 3 DAYS, THEN
REMOVE*



If your artist used a tattoo specific bandage, then your removal will be a bit more tricky, but you will definitely be able to handle it. To remove the bandage you will want to run some warm, soapy water on the bandage to get the corners to lift.

Then, you will begin to pull the bandage away from the tattoo, this will result in the bandage slowly lifting off the tattoo. Once the bandage has all been lifted from the tattoo, then simply pull it the rest of the way off and throw it away.

After you remove the tattoo wrap is when the tattoo aftercare really begins, and the first step is to wash your tattoo. When cleaning your tattoo use a gentle soap that is designed dermatology aftercare (Cetaphil gentle Cleanser).

It will not dry out your tattoo like some other soaps, and its ingredients will help nourish the skin and promote healing.

[Avoid antibacterial soaps](#) as they can disrupt the skin's microbiome, cause dryness and irritation, and impede the tattoo healing process. (American Academy of Dermatology, 2018), (National Institutes of Health, 2021), (World Health Organization, 2018).

To clean, dispense soap onto your fingertips or directly onto the tattoo. Mix the soap and warm water together lightly over the surface of the tattoo, and rub it gently to clean away any ink, plasma, or debris that may be on your tattoo.

Do not scrub vigorously. Treat your new tattoo just like you would treat any other wound on your body. Just lightly rub and rinse. Once rinsed, you can pat dry the area with clean paper towel or allow it to air dry.

2. HOW TO APPLY LOTION



Once you have thoroughly cleaned and rinsed the tattooed area, it is time to apply the tattoo aftercare lotion. We recommend using Dermatological Aftercare Lotions (CeraVe), they are designed specifically for skin, so you will always have the perfect lotion for your tattoo. Plus, they are made with ingredients that nourish your skin and promote healing.

If you are in a pinch you can use other aftercare products, but make sure to avoid any products that contain petroleum. Petroleum will clog pores, cause itchiness, impede the healing process, along with a host of other problems.(American Academy of Dermatology, 2020), Journal of the American Academy of Dermatology, 2016), (International Journal of Cosmetic Science, 2015).

Apply a thin layer of aftercare lotion to your tattoo and the area surrounding it, and rub lotion in gently. Do not over apply lotion, more does not mean better or that your tattoo will heal faster, a thin layer is all you will need. If you do happen to over apply the lotion, don't worry, just rub the excess lotion into the surrounding skin and you'll be good to go.

Basically, you will just apply the tattoo aftercare lotion to your tattoo, the same way you would apply regular lotion to your skin. Don't overthink it.

Recommended about: After cleaning, Twice a day (Morning & Night) if needed, trice should suffice.

3. ONGOING AFTERCARE

Ongoing tattoo aftercare will continue for the next 10-14 days, or until your tattoo is fully healed.

And it is easy, you won't be doing anything that you haven't done already, you simply continue to clean and moisturize your new tattoo until it is fully healed.

Cleaning

1-3 times daily for 10-14 days

Continue cleaning your tattoo daily with a tattoo aftercare specific soap when you shower, and as needed. Continue this for 10-14 days, then after that resume your normal routine. There is no need to overdo it with washing, just like any wound you should be gentle when applying soap and cleaning.



Apply Lotion

3-5 times daily for 10-14 days

Continue applying tattoo aftercare lotions 3-5 times daily, or as needed for dryness. You will do this daily for 10-14 days, or until your tattoo is fully healed.

Apply a thin layer of lotion, and then rub it in thoroughly. You can switch to a lighter tattoo aftercare lotion after about 7 days if you want. However, this is not necessary to heal your tattoo.

4. MAINTAIN YOUR TATTOO



You have made it. You didn't think you could do it, but you did. You healed your tattoo like a pro, and it looks awesome! Give yourself a high five, it can be very nerve wracking healing your tattoo, but you made it through it.

But what now?

What is my tattoo aftercare, aftercare...?

If you healed your new tattoo following the steps above, not much. You will just treat the tattooed area as you would any other piece of your skin, and you will be able to maintain an awesome looking tattoo for years to come.

- Keep it moisturized
- Avoid sunburns
- Avoid harsh soaps and damaging lotions
- And that's pretty much it.

Oh yeah! There is one more step...

The most important step of all...

Figure out what your next tattoo is going to be!

TATTOO AFTERCARE FAQS:

How long after getting a tattoo can I workout?

You can generally workout the next day after being tattooed as long as you are not in pain, avoid extra stress on the part of the body you got tattooed at, getting the tattoo dirty, rubbing or damaging the tattoo, and following proper tattoo aftercare instructions.

What do I do if my tattoo gets itchy?

When it gets itchy, resist the scratch. If you feel like you need some relief just give it a firm pat. Itchiness usually happens from dryness, and dryness is usually a result of lack of tattoo aftercare, or using improper tattoo aftercare products.

So, make sure to follow the tattoo aftercare steps outlined above, and to use the right tattoo aftercare products.

What to do if my tattoo looks and feels “mushy”?

If your tattoo looks or feels this way it means you are over-saturating your tattoo. This can happen from over applying a tattoo aftercare ointment, especially a petroleum based tattoo aftercare product.

Switch your tattoo aftercare product to a lighter tattoo-specific aftercare product like the mentioned above lotions, these were designed to not oversaturate your new tattoo, and will help remedy this issue.

What do I do if my tattoo is very dry and cracked?

New tattoo dryness can come from a variety of things including: Using antibacterial soaps or harsh soaps, using a bad aftercare product, not using enough tattoo aftercare, etc.

The solution is simple: ensure your new tattoo is moisturized. To do this follow the tattoo aftercare steps outlined above, and make sure you are using high quality, tattoo specific aftercare products.

What do I do if my tattoo has small white bumps?

The most common reason for small white bumps on a tattoo is clogged pores and/or dryness. This happens from using a petroleum based tattoo aftercare product. This can be prevented by using a dermatological specific aftercare lotion like Cerave, which is designed to not clog pores when healing skin. And, by using a gentle cleanser soap.

If there are any other tattoo aftercare related questions you have, check the website at Aftercare > <https://julianybraga.me/aftercare>

Roll to FAQs located at the bottom of the page.

