



# TATTOO AFTERCARE

by

[artist@bushmentattoo.pl](mailto:artist@bushmentattoo.pl)

1. Dry the tattoo by delicate patting with paper towel.
2. Use a sterile dressing to cover the site, **never** plastic foil, for at least 1 day! Obviously, if you want to convert the tattoo wound to a bacterial medium - you may cover it with foil! BUT HONESTLY - ONE SHOULD NEVER WRAP TATTOOS LIKE THAT! This method originated with biker conventions around 1970's, where it was too irritating for tattooed bikers to remove the dressing to show the tattoo to other bikers. Unfortunately it's still done by artists not only in Poland but around the globe. The Alliance of Professional Tattooists has for a long time now considered this practice not only as outdated but also dangerous! It's actually forbidden during serious tattoo conventions and conferences. They recommend sterile dressings which should be changed regularly, 2-3 times/day for 1-2 days.
3. There are many aftercare schools, personally I use the best method that works for me, which may be considered kind of "oldschool":
  - (a) for the first 3-4 days don't put any ointments or lotions over the tattoo and let the wound heal;
  - (b) begin to cover the tattoo with e.g. Bepanthen ointment by the first signs of skin shedding (which occur almost always and look almost like skin peeling off after sunburn. Again, this is normal) 3 times a day. There is no need to use antibacterial creams, not only there are no indications, these may also irritate the skin.
4. The tattoo is initially healed after 1-2 weeks, and completely healed after as long as 6-8 weeks. One should avoid long submersion and baths, tanning, sauna and also sports which may put stress on the skin site, stretching the tattoo. One should also avoid substance abuse... It's good to take showers and wash the tattoo with lukewarm or cold water with antibacterial (liquid) soap.
5. Never pinch, scratch, rub, peel the skin over the tattoo! Let it come off naturally, and the effect will be most rewarding!
6. Some disturbing symptoms such as: very strong erythema; formation of yellow fluid, blisters; crepitations (gas accumulation); puss draining; intensive pain; extensive oedema and/or fever require urgent medical attention.

