



AFTER CARE INSTRUCTIONS FOR TATTOOS

The average healing period of a tattoo is 1 to 2 weeks. Personal health and hygiene influence the length of the healing period and are of key during this period.

During the healing period you may experience itching. Personal hygiene is absolutely essential. Directly after the tattoo is finished it will be covered by a transparent foil.

1. Remove the foil after approximately 1 hour;
2. Rinse the tattoo with lukewarm water;
3. Let the tattoo dry for about an hour or gently dab it dry;
4. Apply a thin layer of **Bepanthen zalf**.

The tattoo should be treated as a wound. To let the wound heal as fast as possible, follow the upcoming advice:

1. Touch the tattoo as little as possible, if you do touch the tattoo (i.e. to clean it) wash your hands first;
2. Rinse the tattoo twice daily with luke warm water and a mild hypoallergenic soap such as Sebamed, Unicura or Neutral until the tattoo is healed completely;
3. After washing the tattoo gently dab it dry with a clean towel or tissue;
4. Moisturise the tattoo twice daily with a thin layer of **Bepanthen Zalf**. Do not use other products without consulting and don't let anyone else use your tube;
5. Apply the **Bepanthen Zalf** for a maximum of 5 to 7 days twice daily and as thin as possible on the tattoo;
6. Don't use wound disinfectants like Sterilon® or Betadine®
7. Never wear a bandaid or dressing pad over the tattoo;
8. Don't wear tight or dirty clothing over the tattoo;
9. Avoid contact with swimwater (chlorine, jacuzzi, etc) during the healing period. Salt water has a healing effect and is no problem;
10. Don't expose the tattoo to sunlight or sunbaths until the tattoo is fully healed (including with a SPF). Do use a high SPF once the tattoo is fully healed and you go out into the sun for the first couple of months;
11. Do not scratch or pull of the scabs and do not scratch the tattoo when itching;
12. In case of extreme redness, swelling, bleeding, pussing, color change of the wound or pain contact your doctor.