

# Aftercare

The healing process is different from person to person depending on the aftercare, skin type and body part. To achieve the best result possible, the following must be observed.

- After tattooing no physical activities should be performed within 7 days.
- Remove the sticker (second skin) after 5 days, but if your skin releases some kind of liquid you can remove it before that and start washing it immediately with soap 3 times a day.
- After washing, moisturize the area with a moisturizer or ointment for tattoos (I recommend Cicaplast Baume B5). Do this for 25 days at least.

During the healing you should also note that:

- Long showers, pool and ocean should be avoided for 30 days.
- The urge to scratch is normal, but you should resist it! Otherwise you might remove pigments that are not fully fixed yet and also cause an allergic reaction.
- avoid direct sunlight for 90 days, sunscreen can be applied after 30 days.
- In case of any allergic reaction you should tell your tattoo artist and seek a dermatologist if necessary
- little stress, good sleep and a healthy diet also helps the healing process.

in the first few days it is possible to watch some swelling and redness, you don't need to worry.

If you have any question don't hesitate to reach out!

Thanks!