



TATTOO AFTERCARE

The aim of this organisation TEPA is to educate you the public in a language that is simple and clear and to try and improved tattoo regulations to stop bad practice, poor art upon skin and blood borne pathogens spread.

We want you to know the correct education you need before obtaining a tattoo.

Simple facts may save your life.

We are all people heavily involved within the tattooing community, tattooists, studio owners, convention organisers all with one vision and ethos to make you the public more aware of the dangers involved.

The aim is to give you as much FREE and FRIENDLY information so that you can make an informed decision on who to trust with art upon your skin and your health

In general, the instructions given to you by your tattoo artist should be followed for the best results, but everyone is different. Lifestyles, age, health, heavy alcohol/smoking, skin type, ethnic origin and also medication (eg, not just what you get from your GP, steroids, herbal medication have a massive effect on the healing process of skin) all have their part to play in the healing process.

Problems with the tattoo? Talk to your tattoo artist. Different types of tattooing techniques and inks respond uniquely during the healing process, so rely on the artist's experience when it comes to healing your tattoo.

Post tattooing:

- Need to sit and have a sugary drink, and compose yourself after a long tattoo? no problem at all.
- Fresh tattoos ooze, this is a normal part of the healing process. Cling film is there as a barrier to keep airborne bacteria and any other contaminants in the environment from invading your wound. Opening the film to show friends, family and take photos for social networks can wait, think of your health!
- You may feeling very exhausted, cold and flu like. Rest, eat something, drink sugary drinks so listen to your body.
- Stay hydrated so loads of fluids.

Once Home:

- Leave the cling film on for an hour, or however long your tattooist advises.
- Make sure your hands have been washed thoroughly before you remove the cling film as cross contamination from hands can cause infections. After removing the cling film cleanse the tattoo area with antibac soap and water. Do not use a flannel, cloth as these are breeding grounds for germs to live so a clean hand is the best tool.
- Do not scrub the tattoo with a brush or towel Dry the tattoo area by gently patting the area with a clean, kitchen Roll as they are more hygienic than hand towels. Leave to air dry 10 mins.
- Wash in water every 2hrs for the rest of the day. You do not need to re-bandage. Obviously if you were playing in the mud this would change, use your common sense.

24Hrs after your tattoo:

- Lightly rub on a thin layer of aftercare ointment. Don't share ointment, don't think that a tube of cream with cracks in, fluff around the nozzle and the same tube you saved from last year's tattoo will be suitable either. Please be careful when selecting what you apply to a fresh tattoo. Many friends advise crazy products.

- Repeat steps for about a week, approximately 4 times a day. The idea behind this part of the process is to NOT let the tattoo dry out. The ointment should be applied in a thin layer, just enough to cover it. You may need to apply more or less often, depending on you and your environment (again consult the directions for the ointment for proper application).
- After healing has passed use a fragrance free moisturising lotion.

The following day you may feel all sorts of weird sensations depending on size and area of tattoo.

Example, a large calf tattoo can make you jump out of bed only to find your leg gives way. This is normal. A hand tattoo swells and is best raised as it throbs when lowered.

Loose fitted comfortable clothing if possible and do you really think that pair of jeans you have worn all week and the cat slept on them last night are the idea fabric to be rubbing against your new thigh tattoo all day?

You may find you stick to the bed sheets the first few nights so wise to put a clean cotton cover over the bedding (Need I say change the bed sheets if they are not super fresh) Best soak off the cloth if you are stuck to it rather than pull.

What a healing tattoo should not look like:

Firstly a fresh red tattoo is normal, an itchy healing tattoo is normal, a smelly, hot, oozing gunk tattoo is not!

Infection on a tattoo may look like a red area surrounding the tattoo or swelling. Your skin may also feel warm at the tattoo area. Observe the wound for yellowish or green pus. This discharge may also have a foul odour. Observe the wound for yellowish or green pus. This discharge may also have a foul odour. Examine the skin around the tattoo for red lines movement of the redness spreading.

You need to seek emergency medical care at once. Contact your GP for antibiotics, Local NHS Walk in or in extreme cases Accident and Emergency Dept if you are presenting with signs of septicaemia.

Some final DO's and DONT's:

DO NOT:

- Go swimming, or soak in a hot tub or bath.
- Use hydrogen peroxide, antiseptic sprays/lotions, rubbing alcohol, false tan on your tattoo.
- Itch, pick, or scratch the tattoo.
- Apply any tanning products or perfume to the area

DO:

- Stay out of the sun and away from sunbeds until your tattoo has healed completely.
- Avoid activities that will make you sweat.
- Apply sun block to tattoo after it has healed whenever it is exposed to the sun/sunbeds to protect it from damaging ultraviolet rays.