

How to take care of your new tattoo

*a guide by emi.enemies

This guide is based on my personal and professional experience.

Every body is different, so in some cases, healing may take longer or follow a slightly different course.

If you have any doubts or concerns, please feel free to contact me by email at emienemies@gmail.com.

I only ask that you specify “Healing Update” in the subject line so I can prioritize your email and get back to you as soon as possible.

Before we begin, here are a few key points to keep in mind:

- * Avoid exposing your fresh tattoo to the sun.
- * Do not go swimming in pools or the sea, and avoid saunas. In
- * Avoid physical activity and minimize stress as much as possible.
- * Get as much rest as possible during the first 2–3 days.
- * Use natural creams, or Aquaphor (Eucerin) or Ceramol Base Cream (both are moisturizing and skin-restoring products available at pharmacies).



Day 1 – Tattoo Day

Arrive at your appointment well hydrated, well rested, and after having eaten a full meal.

Wear comfortable clothing. Good hydration, both local and general, by drinking plenty of water (will make your skin more receptive and help facilitate the healing process).

After the session, an absorbent dressing will be applied.

Replace it as soon as you get home.

Wash your hands thoroughly with mild or antibacterial soap before removing the dressing.

Gently wash the tattoo with mild soap under cool water until the water runs completely clear.

Pat it dry with a clean towel or paper towel.

Leave the tattoo uncovered for approximately 10 minutes to allow it to dry, then apply a new absorbent dressing, as demonstrated in the studio.

Day 2 – The Following Day

After sleeping with the dressing on overnight, remove it and wash the tattoo again (always using clean hands and a clean towel or paper towels).

Start applying a thin layer of cream to the areas that feel the tightest.

Let your skin guide you based on how it feels.

Do not skip this step: it is essential to prevent unwanted scab formation and promote proper healing.

On the second day, wash the tattoo 3–4 times, always following the same procedure, and apply cream to the more sensitive areas.

Only wear cotton clothing in direct contact with the tattoo, or leave it uncovered if you are in a clean environment free of pets.

Day 3

Repeat the same steps as the previous day:

- * Wash the tattoo 3–4 times a day
- * Moisturize the areas that need extra care
- * Only cotton fabric in contact with the tattooed area

Day 4 to 20

From the fourth day onward, the tattoo should be dry and should have stopped weeping.

Remember: every body is different.

If there is no more fluid coming from the tattoo, you can reduce the frequency of washing, limiting it to your daily shower (still using mild soap on the tattooed area).

Continue applying cream 3–4 times a day, without using too much at once.

If your skin absorbs it quickly, you can reapply it more often.

By day 20, the tattoo should be almost completely healed.

Keeping your skin well moisturized is still important to maintain its elasticity, so make it a habit!

Once the healing process is complete, I invite you to send me some photos by email so I can check how your tattoo has healed.

Thank you!