

Tattoo Aftercare Instructions

The first care steps for your new tattoo are still handled by the artist. Right after the session, the tattooer disinfects the skin and usually applies a protective film dressing that shields the area for the first few hours. After that, the responsibility is yours.

A few hours after leaving the studio you can remove the dressing (or follow the exact time your artist recommended). Some artists leave the tattoo uncovered so it can breathe better — in that case be extra careful. You will likely see swelling, redness, residual ink, blood, and plasma. This is completely normal. Your body treats the pigment as a foreign object and tries to push it out. Your job is to keep the area clean, protected, and properly moisturized so the ink stays where it belongs.

1. Wash the tattoo regularly

For the first two weeks treat the tattoo like a serious wound.

Wash it 2–4 times a day with lukewarm water and a mild, fragrance-free soap or a dedicated tattoo cleansing gel antibacterial soap

How to wash:

- Wet the area
- Apply a few drops of gel/soap to clean hands
- Gently massage until a light foam forms
- Rinse thoroughly with lukewarm water
- Pat dry carefully with a clean, lint-free paper towel (never rub with a regular towel)

2. Absolutely no submerging in water

Do ****not**** go into swimming pools, the ocean, lakes, rivers, hot tubs, or take baths for at least 2–3 weeks (preferably until the tattoo is fully healed).

This rule is especially strict in Florida — warm water, chlorine, salt, and bacteria significantly increase the risk of infection and can damage the healing process. Quick showers are fine; soaking is not.

3. Moisturize correctly (Florida humidity adjustment)

Apply a thin layer of tattoo ointment, cream, or butter 3–4 times a day only on completely dry skin.

In Florida's high humidity, less is more. Use a very thin layer that absorbs fully — the cream should not sit on the surface or look greasy. Heavy layers trap sweat and moisture and can cause irritation or poor healing. Prefer lighter, fast-absorbing products after the first few days.

4. Protect from the sun

Florida sun is intense year-round and is the number one cause of premature fading.

- Keep the tattoo completely out of direct sunlight for the first 2–3 weeks.
 - Cover it with loose, breathable clothing whenever you go outside.
- Once the tattoo is fully healed (usually 4–6 weeks), apply a broad-spectrum mineral sunscreen SPF 30–50 (zinc oxide preferred) every single day on any exposed tattoo.
 - Reapply every 2–3 hours if you are outdoors.
 - Even short walks to the car or work require protection.

5. Special Florida guidelines (heat, humidity & insects)

Sweat & heat

Excessive sweating irritates a fresh tattoo and creates a perfect environment for bacteria.

- Avoid intense workouts and heavy outdoor work for the first 7–10 days.
- If you do sweat, rinse the tattoo gently as soon as possible, pat dry, and reapply a thin layer of cream.
- Stay in air-conditioned spaces as much as possible during the first week.

Clothing

Wear only loose, breathable natural fabrics (cotton or linen). Tight or synthetic clothes cause friction and trap moisture.

Insects

Mosquitoes are active almost year-round in Florida. Never spray insect repellent directly on or near the healing tattoo. Cover the area with light clothing instead.

Hydration

Drink plenty of water (at least 2 liters per day, more if you are active or outdoors).

Dehydrated skin heals worse and colors look duller.

Fresh Tattoo Checklist

- Wash 2–4 times daily with mild soap/gel → pat dry with paper towel
- Apply a very thin layer of aftercare product 3–4 times a day on dry skin
 - No pools, ocean, lakes, hot tubs or baths for at least 2–3 weeks
 - No direct sun for 2–3 weeks — cover with loose clothing
 - Avoid heavy sweating for the first 7–10 days
 - Wear loose cotton/linen clothes
 - Do not apply insect repellent on the tattoo
 - Drink plenty of water
- Once fully healed → daily SPF <50 on all exposed tattoos

Repeat the cycle (wash → dry → moisturize) several times a day, especially in the first 4–5 days. In the beginning you may use protective film during work or sleep if needed to keep dirt and friction away.

Never pick, scratch or peel scabs — they must fall off naturally. Itching and light peeling are normal. If the area becomes increasingly red, hot, swollen, or produces unusual discharge, contact your tattoo artist or a doctor immediately.

Follow these rules carefully and your tattoo will heal cleanly and stay vibrant for years — even under Florida conditions.

