
TATTOO AFTERCARE RULES

GENERAL RECOMMENDATIONS

01

DO NOT TOUCH OR SCRATCH

Do not scratch a fresh tattoo and do not let other people or animals touch it. If it itches, gently pat the skin with a clean hand.

02

WASH, BUT DO NOT SOAK

Gently wash the tattoo with lukewarm water and mild soap, but never soak it. Long baths and soaking soften the skin and may wash out the pigment.

03

CLEAN BEDDING

Keep your bedding clean and change it regularly throughout the entire healing period of the tattoo.

04

DO NOT PICK SCABS

Scabs may appear during healing. Do not force them off, so as not to damage the skin or cause an infection.

05

AVOID SUN AND TANNING BEDS

For 2–3 weeks, do not expose the tattoo to the sun or use tanning beds — UV rays cause the colours to fade.

06

LIMIT PHYSICAL ACTIVITY

Limit intense exertion during healing. Sweat and moisture increase the risk of infection.

07

BREATHABLE CLOTHING

Wear loose clothing made of natural fabrics (e.g. cotton) so as not to irritate the healing skin.

08

FULL HEALING

The tattoo is fully healed when the skin becomes smooth and matte — usually after 3–4 weeks.

09

COLOUR PROTECTION

To preserve the intensity of the colours, protect the tattoo from the sun permanently. Use a cream with a high UV filter or cover it with clothing.

10

ANY QUESTIONS?

If in doubt, contact the Umbra Tattoo studio. After full healing, we recommend a follow-up visit.

THANK YOU FOR YOUR TRUST AND FOR CHOOSING UMBRA TATTOO STUDIO

INSTAGRAM

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Wrocław

AFTERCARE AFTER THE PROCEDURE

CLING FILM

01

WASH YOUR HANDS

Thoroughly wash your hands before each time you begin aftercare.

02

REMOVE THE STUDIO'S FILM

After 1–2 hours, carefully remove the film applied at the studio.

03

RINSE, BUT DO NOT SOAK

Gently rinse the tattoo with lukewarm water and grey soap or a hypoallergenic intimate-hygiene wash. Wash briefly — do not soak the tattoo. For the first 2–3 days, plasma may seep out, which is natural.

04

DRY GENTLY

Dry the tattoo with a paper towel, without rubbing the skin. Do not use a regular towel.

05

MOISTURISE WITH CREAM

Wait 5–10 minutes, then apply a thin layer of tattoo aftercare cream. For the first two weeks, apply cream to the tattoo 3–4 times a day to keep it constantly moisturised.

06

FILM FOR THE FIRST NIGHT

For the first night, protect the tattoo with film. After that you can stop using it.

07

PROTECT DURING THE DAY

At home, keep the tattoo uncovered, being careful not to rub or press it. Outside the home or in dusty places, cover it with clothing for the first days of healing.

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