



■ Your Aftercare Guide — Please Read Today

Tattoo Aftercare Guide

Follow these steps to protect your new ink and ensure a beautiful heal

"Your tattoo is a fresh wound and a work of art — treat it with love and it will heal beautifully. Follow these steps closely and don't hesitate to reach out if you have any concerns."

■ The Inkeze Tattoo Spray — Your First 24 Hours

What is Inkeze?

Inkeze is a professional tattoo sealing spray that I apply directly after your session. It creates a breathable, protective barrier over your fresh tattoo, locking in moisture, reducing redness, and helping the ink settle beautifully from the very first hours.

RIGHT AFTER SESSION

1

Inkeze spray applied by me

I apply the Inkeze spray to seal your tattoo before you leave the studio. Leave it completely undisturbed.

FIRST 24 HOURS

2

Leave the spray on — do not touch

Keep the Inkeze coating on for a full 24 hours. Do not wet it, peel it, or apply anything on top of it.

AFTER 24 HOURS

3

Wash off gently

After 24 hours, wash the Inkeze off with clean lukewarm water and a fragrance-free soap. Pat dry gently with a clean paper towel — never rub.

ONGOING

4

Clean & moisturise

Keep the area clean and apply a thin layer of unscented moisturiser 2–3 times daily as it heals.



■ Daily Cleaning & Moisturising

- ✓ **Wash gently** with lukewarm water and a mild, fragrance-free soap 2–3 times a day. Always pat dry with a clean paper towel — never a cloth towel.
- ✓ **Moisturise regularly** with a thin layer of unscented lotion or tattoo-specific balm (such as Hustle Butter or Bepanthen). 2–3 times daily is ideal.
- ✓ **Let it breathe.** Wear loose, clean clothing over the area wherever possible to avoid friction and allow airflow.
- ✓ **Keep it clean.** If your tattoo is in an area prone to sweat or friction, clean it more frequently and always after exercise.
- ✗ **Do not pick, scratch or peel** any flaking skin or scabs. This is completely normal during healing — pulling them off can lift ink and damage your tattoo.
- ✗ **Do not over-moisturise.** A thin layer is all you need. Too much product can clog the skin and slow healing.
- ✗ **Avoid soaking the tattoo** — no baths, swimming pools, hot tubs, or open water for a minimum of 4 weeks. Showers are fine.



■■ Sun & UV Advice — Very Important

■■ Do NOT apply sunscreen to a healing tattoo.

Sunscreen contains chemicals that can irritate fresh skin and interfere with the healing process. **Wait a minimum of 3 weeks** before applying any SPF to the tattooed area — and only once it is fully healed with no scabbing, peeling, or soreness.

- ✗ **No sunbathing** on the tattoo for at least 4–6 weeks. UV rays are one of the biggest enemies of a healing tattoo and can cause serious fading.
- ✗ **No sunbeds or UV tanning** while the tattoo is healing — UV light degrades ink and can permanently damage a fresh piece.

- ✓ **Cover up in the sun.** If you need to be outside, cover the tattoo with loose, dark clothing to block UV rays until it's fully healed.
- ✓ **After 3 weeks, use a high SPF (50+)** every time your tattoo is exposed to the sun — even on cloudy days. This protects the colour and longevity of your ink for life.
- ★ **Long term:** Sun is the number one cause of tattoo fading over time. Making SPF a habit will keep your ink looking vibrant for years to come.



■ Things to Avoid While Healing

- ✗ **No swimming** in pools, the sea, lakes, or hot tubs for at least 4 weeks. Submerging a healing tattoo risks infection and ink loss.
- ✗ **No gym or heavy sweating** for the first few days. Sweat can irritate fresh skin and introduce bacteria. If you do exercise, clean the tattoo immediately after.
- ✗ **No tight or synthetic clothing** over the tattoo — friction causes scabbing and can pull ink out during healing.
- ✗ **Avoid animal contact** with the tattooed area while it's healing — pet fur carries bacteria.
- ✗ **No alcohol-based products** — no antiseptic wipes, perfume, or alcohol on or near the tattoo. These dry out the skin and damage healing tissue.
- ✗ **Do not re-bandage** the tattoo yourself unless instructed. It needs to breathe to heal properly.



■ What to Expect — Healing Timeline

- ★ **Days 1–3:** Redness, swelling, and tenderness are completely normal. The tattoo may weep a little plasma — this is your skin healing. Keep it clean.
- ★ **Days 4–7:** Itching begins and the surface starts to peel or flake. Do not scratch or pick — let it shed naturally.
- ★ **Days 7–14:** Peeling continues and the tattoo may look cloudy or dull. This is normal — a layer of new skin is forming over the ink.

★ **Weeks 2–4:** Surface is healed. The tattoo will start to look clearer and brighter. Continue moisturising.

★ **Weeks 4–6:** Deeper layers of skin fully heal. Your tattoo should now look settled and vibrant. Begin using SPF regularly.

When to Seek Medical Advice ■■

- Increasing pain, swelling or heat after the first 48 hours (not decreasing)
- Green, yellow or foul-smelling discharge from the tattoo
- Spreading redness or red streaks around the area
- Fever or flu-like symptoms following your session
- Raised, itchy hives or signs of allergic reaction
- If in doubt, always see a doctor — better safe than sorry.



"Thank you for trusting me with your skin — now let's protect it."

Valle Von Ink

Any concerns during healing? Please don't hesitate to get in touch.