[TATTOO AFTERCARE · TE SHAKTI STUDIO]

AFTERCARE

healing well

Your tattoo is a piece of art that deserves time, patience and proper care. Following the right aftercare routine will help support the healing process and preserve the quality of your tattoo.

Please read the following instructions carefully and follow the method recommended by your artist.

[01] WITHOUT SECOND SKIN

IMMEDIATELY AFTER YOUR TATTOO

- Leave the cling film on your tattoo for 1–2 hours.
- Once you arrive at your home, hotel or hostel, remove the wrap and gently rinse your tattoo with cool water.
- Allow the tattoo to air-dry overnight. Wear clean, loose-fitting cotton clothing to bed to minimise friction and allow air to circulate around the tattooed area.

[01] WITHOUT SECOND SKIN

THE FOLLOWING MORNING

- Gently rinse your tattoo or shower as usual.
- Allow the tattooed area to air-dry for approximately 5 minutes, or gently pat it dry with a clean paper towel.
- Apply a thin layer of aftercare cream. Our studio recommends Bepanthen, available at many chemists and supermarkets.

[01] WITHOUT SECOND SKIN

HOW TO APPLY THE CREAM

- Wash your hands thoroughly before touching your tattoo.
- Take a small amount of aftercare cream and spread it evenly across the tattooed skin.
- Gently massage the cream into the skin using your thumb and small circular movements.
- Continue until the white cream is no longer visible and only a thin, moisturised layer remains.

Remember: Less is more. Your tattoo should feel moisturised, not greasy or smothered in cream.

[01] WITHOUT SECOND SKIN

DAILY AFTERCARE

- Check your tattoo every 3–4 hours to see whether the skin feels dry or tight. Apply a small amount of cream when needed.
- The first 5–7 days are particularly important for healing. Keep your tattoo comfortably moisturised and avoid excessive dryness.
- Apply a thin layer of aftercare cream 2–3 times a day, or as needed, during the first week.
- Continue using an appropriate aftercare cream for approximately 2–3 weeks, depending on your healing progress.
- Once your tattoo has fully healed, continue using your preferred body lotion to keep the skin hydrated.

Please note: Only cover your tattoo with cling film again if specifically recommended by your artist. Avoid prolonged wrapping, as trapped moisture can irritate the skin.

[02] WITH SECOND SKIN

WHILE WEARING SECOND SKIN

Second Skin is a transparent protective film designed to protect your fresh tattoo during the initial stages of healing.

- Leave the Second Skin on for approximately 2–3 days, depending on your tattoo's size, placement and your artist's recommendations. Always follow the specific instructions for the product used.
- Second Skin is generally waterproof, so you can shower while wearing it. However, avoid swimming, baths, hot tubs and other activities that involve soaking the tattoo.
- Your skin may release plasma, small amounts of blood and excess ink. These fluids can collect beneath the film and form a small fluid pocket. This is generally normal.
- Avoid strenuous exercise, excessive sweating, saunas and activities that cause your body to overheat.
- Keep an eye on the edges of the film. If it leaks, becomes compromised or causes significant irritation, remove it according to the product instructions rather than leaving it in place.

[02] WITH SECOND SKIN

REMOVING SECOND SKIN

- After the recommended period, remove the film slowly, preferably under warm running water or in the shower.
- Gently peel the film back rather than pulling it sharply away from your skin.
- Once removed, gently wash your tattoo with clean water and a mild, fragrance-free cleanser.
- Allow the tattoo to air-dry or gently pat it dry with a clean paper towel.
- Continue following the aftercare instructions outlined in Section 1: Without Second Skin.

[03] ALWAYS

IMPORTANT REMINDERS

- Always wash your hands before touching your healing tattoo.
- Do not scratch, pick at or peel any flaking skin or scabs.
- Avoid swimming, soaking, saunas and direct sun exposure while your tattoo is healing.
- Wear clean, loose-fitting clothing and avoid unnecessary friction against the tattoo.
- Once fully healed, protect your tattoo from the sun with broad-spectrum SPF 30–50 sunscreen to help preserve its appearance.
- Everyone heals differently. Follow your artist's advice and give your skin the time it needs.
- If you notice spreading redness, increasing pain, significant swelling, pus or fever, seek medical advice promptly.

Your tattoo is a journey, and healing is part of the process.

Thank you for choosing Te Shakti Studio. Take care of your art, be patient with your body, and allow your tattoo to heal beautifully.