



SANG BLEU LONDON
TATTOO STUDIO

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SANG BLEU

Tattoo aftercare

INSTRUCTIONS

Keep the tattoo covered and well sealed with plastic wrap for at least 2 hours, at most until going to bed. Make sure to work in a clean environment, wash your hands. Remove cling film.

1. Clean the tattoo with hot water and unscented soap: with the soap gently rub off all the goo that has formed under the plastic (plasma + sweat + ink). Rinse and pat dry with a clean non-fluffy towel or kitchen roll. Make sure no fibres are stuck to the tattoo.

2. Do not apply any moisturiser or any other creams for the first day or two.

OPTION A- SMALL PIECES

3. You may wish to keep it covered on the first night to sleep more comfortably and not stain your bed linen.

4. From the morning onward keep washing the tattoo with the unscented soap twice a day (morning and night) and from the second or third day, you can start to apply a small amount of gentle and fragrance free moisturiser after the tattoo has been washed and patted dry (speak to your artist for recommendations).

OPTION B- LARGE PIECES

3. Cover it immediately with a new plastic wrap/cling film. Make sure it's well sealed and secure so no air can get in. Take care not to allow any part of the tattoo to become uncovered when moving around etc.

4. Next morning repeat the cleaning procedure and keep covered until the evening.

5. On the second evening, you should leave the tattoo un-covered, but you can cover it again for the first night if you prefer.

6. Once the tattoo is left uncovered, keep washing the tattoo with the unscented soap twice a day (morning and night) and at this stage start to apply a gentle and fragrance free moisturiser after the tattoo has been washed and patted dry (speak to your artist for recommendations).

SECOND SKIN

If your artist has covered your tattoo with a 'Second Skin' product (Dermalise, Tegaderm, Saniderm) then you will be advised to leave the patch on for 48 hours without making any change to your normal routine like showering and dressing. When it comes to removing the patch it is advisable to do so slowly and carefully in the shower.

It must be noted that if the 'Second Skin' at any point tears, rips or opens it is imperative that it must be removed as soon as possible to avoid bacterial incubation. Once it has been removed, you should skip to the above Step 6 until the tattoo is healed.

HEALING TIME

Do this until the tattoo is healed. This normally takes between a week and a half to two weeks. During the healing process the tattoo may feel dry, tight and itchy. DO NOT pick or scratch the tattoo as this can cause infection and/or result in the tattoo healing badly (patchy in areas where picked).

After the tattoo is healed you may also want to continue to apply a gentle un-perfumed skin ointment/moisturiser for a week or two as the skin can tend to be a little dry for a while afterwards.

If any scabs have formed, do not pick them.

A tattoo is not a wound, but it is nonetheless an 'opening in the skin' which can be more susceptible to germs and viruses even after the tattoo procedure itself. However clean the tattooing instruments are, germs and viruses can be present on the skin and in the surrounding atmosphere (including your clothes etc.) so avoid dirt, dusty environments and soiled clothing on your tattoo.

We encourage loose, clean, natural fabrics such as linen and cotton are preferable on bed sheets or to wear over your tattoo if necessary.

CLEANING TIPS

A shower is fine; just don't have the tattoo immersed in water for any length of time while it's healing. So no baths, swimming (pools, the sea etc.) for a week after you've been tattooed but preferably wait until fully healed. Avoid heavy exercise where you'll be sweating a lot and violent / contact sports for at least a week but preferably until the tattoo is fully healed. Do not expose directly to the sun or go on a sun bed until the tattoo appears to be fully healed. Ideally no exposure to sun/sun beds for 2-3 weeks.

TOUCH-UP

If you think your tattoo needs touch-ups, please allow at least this time and get in touch with us. We will happily have a look and proceed if needed.

QUESTIONS

If you have any questions, please do not hesitate to get in touch with us. However, in the case of an infection, please consult your doctor.

Indications are :

- Redness and swelling;
- Sensation of heat at the site;
- Pain, usually throbbing or spreading of pain;
- Unusual discharge (yellow, green or grey pus).

It is normal to feel light-headed after a tattoo or even feverish after a long session. Avoid driving directly after finishing. Make sure to eat and rest first. If the symptoms seem to be lasting after a good night of sleep, seek medical advice. A tattoo can be considered to reach its final appearance after 4 - 6 months.