

WHAT IS MOST IDEAL RIGHT AFTER GETTING A TATTOO?

1. Immediately after getting tattooed, go to a pharmacy and buy **BEPANTHEN OINTMENT**.

2. You will also need transparent adhesive foil, adhesive tape, paper towels or tissues.

Begin the following procedure **approximately 2–5 hours** after getting the tattoo and repeat the steps every **2–3 hours** (except while sleeping, in which case **do NOT wear foil**) for the **next 7–10 day**

TATTOO AFTERCARE PROCESS

WASH!: Wash your hands. If the tattoo is wrapped, remove the foil. Under a gentle stream of lukewarm water, thoroughly but gently (with fingers, not nails) wash off any remaining ointment and lymph fluid. Then rinse with cold water. The tattoo **should be washed, but must not be soaked** in water.

DRY!: After washing, gently pat the tattoo dry with a paper towel or tissue without rubbing or scratching. Keep the tattoo exposed to air for **5–10 minutes** before applying bepanthen ointment again.

MOISTURIZE!: It is crucial in the next **7–10 days** to keep the tattoo slightly moisturized to prevent scabs that can damage it. 5–10 minutes after washing, apply a thin transparent layer of bepanthen ointment to the tattoo. The tattoo should still be clearly visible through a thin layer of ointment. If there's excess ointment, gently remove it with a paper towel or tissue because too thick a layer prevents the skin from breathing.

PROTECT!: The tattoo is best kept exposed to air and without contact with clothes, water (except when washing it), sunlight, bedding, dust, pets (except your own hands when applying ointment), and similar. If it's not possible to avoid contact or dirt, **protect the tattoo with adhesive foil**, but only for a maximum of 3 hours, and then repeat the washing, drying, and moisturizing as previously described. Try during the next 7–10 days to avoid activities that require frequent or prolonged wearing of foil because it prevents the skin from breathing and causes irritation. **Do not wear foil for more than 3 hours at a time.** Instead of adhesive foil, **do not use bandages, gauze, plasters or similar.**