

Only for use of Tiggy's clients. Always follow the artists advice for each tattoo.

HOW TO CHANGE THE CLING FILM

- ◆ Using washed hands, take the cling film off and discard.
 - ◆ Gently clean the tattoo with lukewarm water.
 - ◆ Use your fingers to carefully wash away any plasma that may be present.
 - ◆ You might see bits of colour coming out - this is completely normal.
 - ◆ Clean the tattoo until it stops feeling slimy.
 - ◆ Let the tattoo air dry for a short time.
 - ◆ Lightly pat the remaining moisture away with a fresh piece of kitchen roll.
 - ◆ When it has been properly dried, re-wrap it in new cling film.
 - ◆ Don't wrap it too tightly, but also not so loose that it might fall off.
 - ◆ Do use the inside part of the film directly on your tattoo as its cleaner.
 - ◆ You can now go to sleep knowing that you won't stick to the sheets, or get any lint or hair or other unwanted nasties in your tattoo,
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- ◆ [Don't use any cream on your tattoo while it is still leaking plasma](#)
 - ◆ [Don't use anything other than clean washed hands on your tattoo.](#)
Flannels, towels etc harbour bacteria and your tattoo is an open wound so be careful.
 - ◆ [Don't use anything other than a dedicated kitchen roll and cling film for your tattoo. The shared ones from the kitchen are not suitable, please buy fresh ones for just you.](#)
 - ◆ [Don't dry the tattoo with any sort of bath or hand towel, as they also harbour harmful bacteria and also may leave lint on your tattoo.](#)

DAY BY DAY INSTRUCTIONS

Please note: Every person heals in their own time and no two bodies are the same. We all react to things differently which means you need to listen to your body and act accordingly. This advice is not 'Gospel'. If you're not sure on anything, PLEASE contact Tiggy ASAP and she will advise you.

DAY 1

- You will be wrapped in cling film / micropore tape to go home with.
- Please leave this on until just before you go to bed, at which point you can change it.
- If it is really gross and messy and you feel like it needs changing earlier, go ahead!
Every body is different, so listen to what yours is telling you.
- Follow the above instructions to change the cling film.
- You can take ibuprofen if you're able to, and elevate the body part you've had tattooed to help take the swelling down.
- Try and take it easy, rest, drink water, eat well. Even if you don't feel like it, your body has been through a lot, so now it is time for some self care!

Tiggy Tattoos Aftercare

DAYS 2 - 4

(Rough time frame - everyone is different. So watch for the different stages)

- Keep changing the cling film in the morning, afternoon and evening
- Keep on top of washing the tattoo each time you change it.
- Do it more often if the tattoo is extra icky / if you're comfortable doing so
- ◆ **Don't** do anything during this time that will make your tattoo sweaty or wet.
- ◆ **Don't** go to the gym, go running, or exercise of any kind.
- ◆ **Don't** take baths, go to saunas, or go swimming. - Keep your shower time short
- ◆ **Don't** go swimming in the sea or open bodies of water. Harmful bacteria can cause infections.
- ◆ **Don't** use any creams if your tattoo is still leaking plasma.

Other advice -

If the tattoo starts to be dry or tight then you may start using a very small thin layer of cream whenever it does feel tight/dry. You will know.

Sometimes / rarely - some folk might experience irritation from the cling film. You will need to stop wrapping it, and switch to keeping on top of washing it and adding light layers of cocoa butter whenever/if it feels dry. You need to be a bit more actively 'on it' with this method, but it's worth not going through having symptoms of contact dermatitis.

Days 3 - 7

(Rough time frame - everyone is different. So watch for the different stages)

- Your tattoo should be drying out nicely by now. No more plasma. It might feel quite tight / look visibly dry
- Start using a natural moisturiser such as cocoa butter.
- Apply thin, light layers. Little and often is key. Moisturise if it looks or feels dry.
- Too much moisture will make the tattoo go quite mushy (scientific explanation)
- Continue to wash your tattoo morning and evening.
- You *can* keep on loosely cling filming the tattoo if you want to. Personally Tiggy does for hers because it means she doesn't have to fuss over it so frequently as it won't dry out as fast.
- Continuing to cling film is not suitable for everyone - if it looks like you're getting irritation then stop immediately.

Other advice -

If you get heavier scabbing. It's not 'ideal' but it's also not a problem, don't panic! Don't let the scabs get too wet or mushy. Avoid moisturising them directly, just go around them.

Don't pick them. Let them come off in their own time. If they come off before they're ready they will most likely pull some ink out.

Tiggy Tattoos Aftercare

Days 5 - 9

(Rough time frame - everyone is different. So watch for the different stages)

- The tattoo will go through a flaky phase.
- It should be like light 'onion skin' flakes.
- Do not pick these or let these come off prematurely as it will pull the ink out.
- Be extra careful to not catch them on clothing.
- Keep using a good moisturiser little and often
- Pat the moisturiser on gently to flatten the flakes down.
- If your tattoo feels itchy, moisturiser is also helpful to calm this feeling down.

Days 6 - 10

(Rough time frame - everyone is different. So watch for the different stages)

- At this point the flakes should have all flaked off naturally in their own time.
- If they have not, then don't fret, sometimes it takes a little longer. Patience is key!
- If the flakes have gone, then you can moisturise it as much as you want, don't be shy!

Other advice - When all the scabs / flakes have gone and it is superficially healed

The skin will still be quite thin and tender for a while as it is still healing internally

It might look a little 'silvery' while it's in this stage of healing. Wait a few weeks for this to go back to normal.

- ◆ **Don't** go out in the sun with a new tattoo for several months. If you must, then please cover the tattoo with clothing, or if that's not possible then please use a high factor sun screen with UVA and UVB protection.
- ◆ The sun is very very damaging to tattoos, particularly colour ones. We have seen colours shift into weird hues after exposure to the sun, so if you want to preserve your tattoo in it's original state then it's important to avoid all UV rays.

PLEASE NOTE:

If you are experiencing any worrying side effects please contact us ASAP and we will assist in advising you on the best course of action.

We fully understand that naughty pets exist, cling film can fall off, and accidents do happen. We don't judge and we are always here to help you. We can't help you if you don't tell us.

Tiggy is always on hand to give advice and would much rather you let her know something has gone wrong.

If you are really really concerned then the best course of action is to seek medical advice. Please still let us know and keep us updated. But we are not medics, so anything that is very concerning should be seen by a Doctor as soon as you can.