



## AFTERCARE

IT'S NOW IN YOUR HANDS -  
LOOK AFTER YOUR NEW TATTOO!

Thank you for choosing Stay Much Better Tattoo™  
We hope you had a good experience with us  
- If so please leave us a review on our Facebook or Google page  
We love hearing your feedback and seeing your healed photos!

### 1. After a few hours gently wash the tattoo

Leave the covering on the tattoo for the first 2-5 hours, when at home carefully remove it and gently wash the tattoo with lukewarm water and mild liquid soap. Pat it dry and let it air for 10-20 mins without moisturiser, after which apply a first layer of cream. We recommend wrapping it back up for the first night before you go to sleep, as ink leaking can occur and it will protect the new tattoo from sticking to your bedsheets. Wrapping it again with clingfilm and tape the second night for larger more saturated tattoos would also be advisable.

### 2. Apply a thin layer of unscented moisturising cream

The next day and onwards you should start applying a thin layer of an unscented moisturising cream like **Palmers Cocoa Butter** to your new tattoo, each time gently washing it before with clean hands. We also recommend using specialist tattoo products that are now widely available on the market such as **Hustle Butter** or **Tattoo Goo**. Repeat the cleaning and moisturising process 3-5 times a day or whenever it is looking dry - try NOT to let it scab. **Avoid using any kind of oil or petroleum based products as they do not let the skin breathe properly during healing process.**

### 3. Keep the tattoo clean and dry

Keep the tattoo clean and dry, and avoid soaking it in water for at least a month (showers are ok, baths and swimming are not). If your clothes are likely to rub on your new tattoo excessively, or you may be working in dirty conditions; keep it covered with clingfilm and medical tape.

### 4. Avoid direct sunlight

Avoid exposing it to direct sunlight unless completely necessary when your tattoo is healing. Healed tattoos, especially coloured ones, WILL fade in the sun – so when it's completely healed, make sure it's covered in a high SPF.

### 5. Do Not Itch

As the tattoo heals, it may scab or flake slightly. Avoid picking at it or have clothing rubbing against it, as this may remove the ink in that area and lead to patches fading or being removed altogether. If it itches, don't scratch – slap it lightly instead. This should only last for the first few weeks or so – if it stays raised, itches uncontrollably, is red around the design, keeps bleeding for more than a day or so after having it done, or is continuously hot to the touch, please come back and see us ASAP. Infected tattoos are very rare but can happen, and it's always worth getting it checked out if you're worried about it.

### 6. Be patient with healing times

Healing times depend on how well you heal, how well you look after it and the size of the design. This can range anywhere from around a week for simple, small line designs, to a month for complex, larger designs. Keep following these aftercare instructions for at least 6 weeks. Once the tattoo is healed, you can keep it lightly moisturised to keep the blacks fresh and the colour looking vibrant.

**Any problems give us a shout.**

**Thanks and see you soon!**

**STAY MUCH BETTER**

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# Ear and face piercing *aftercare*

## Key Advice

The aftercare of body piercing is important to promote good healing and prevent the risk of infection.

Healing times for piercing will vary with the type and position of the piercing and vary from person to person.

For the first few weeks it is normal for the area to be red, tender and swollen.

Approximate healing times for the various piercings are:

- Ear lobe piercing – 6 to 8 weeks
- Ear cartilage piercing – 6 to 8 weeks
- Cheek piercing – 2 to 3 months
- Eyebrow piercing – 2 to 4 months
- Nose piercing – up to 6 months

Remember these times are approximate and will depend on how healthy you are and whether you look after the piercing properly until healed.

As with all body art, infection is a risk. To reduce these risks take advice from your practitioner regarding aftercare.

The risk of infection can be greatly reduced by good general hygiene including:

- Hand washing before touching the piercing.
- Keeping the piercing clean.

## Hand washing

Hand washing is the single most important method of reducing infection. Hands must be washed prior to touching the affected area, therefore reducing the risk of infection.

Wash your hands in warm water and liquid soap, always dry your hands thoroughly with a clean towel or paper towel. This should remove most germs and prevent them being transferred to the affected area.

A new piercing can be tender, itchy and slightly red and can remain so for a few weeks. A pale, odourless fluid may sometimes discharge from the piercing and form a crust. This should not be confused with pus, which would indicate infection.

## Ear piercing aftercare

Including Lobes/ Tragus/ Anti Tragus/ Conch/ Helix/ Snug/ Diath/ Industrial/ Rook/ Translobal/ Transverse Lobe.

## Facial piercing aftercare

Including Eyebrow, Bridge, Jestum, Vertical Labret, Septum/ Nostril.

Soak the piercing for a few minutes by submerging the area of skin containing the piercing in a clean jug or bowl containing a warm water solution (1/4 level teaspoon of preferably sea salt to an egg cup/shot glass of warm water). Alternatively wet a clean cloth or gauze in the solution and apply as a warm compress. This will soften any discharge and allow you to clean the entry and exit points of the piercing with a cotton bud or gauze. Once the discharge is removed or softened then jewellery can be gently moved so as to work a little warm water through the piercing. When cleaning always tighten the ball on any bars by screwing the ball to the right.

Do this twice each day, preferably after washing or bathing.

You can also use mild antibacterial solutions and soaps to wash the wound site of an ear piercing. Ask your local pharmacist to advise you and always follow the manufacturers' instructions. If irritation, redness or drying occurs discontinue use. Antibacterial wash is NOT suitable for nostrils, septum or vertical lips due to the tissue's delicate nature.

Dry the piercing using ONLY fresh disposable paper towel/kitchen roll. A communal hand/bath towel should never be used.

**Note:** Cartilage piercings occasionally form lumps commonly known as granulomas. This is just trapped fluid and can easily be resolved using the heat and pressure from a warm water compress once a day, replacing one of your daily cleanings.

**Expect** some swelling and soreness from your new piercing. Any knock or bang can cause swelling or soreness to flare up again throughout the healing phase.

**Do not** use cotton wool to clean the piercing as the fibres in the cotton wool may get caught in the piercing.

**Do not** pick at any discharge and **do not** move, twist or turn the piercing whilst dry. If any secreted discharge has hardened then turning jewellery may cause the discharge to tear the piercing, allowing bacteria to enter the wound and prolonging the healing time.

**Do not** use sunbeds for the first two weeks, or if you decide to then cover the wound area with a breathable plaster during tanning.

**Do not** swim for the first 24 hours following a piercing.

## Signs of infection

If appropriate aftercare is not followed infection may occur. The signs of infection are:

- Swelling and redness that increases around the wound.
- A severe burning and throbbing sensation round the site.
- Increased tenderness and increasingly painful to touch.
- An unusual discharge (yellow or green) with an offensive smell.

Speak to your practitioner or seek medical attention immediately if you suffer from any of the above or have any concerns regarding infection in your piercing or if there are any signs of an allergic reaction to any of the products used.

## For further advice or information:

Contact your local Environmental Health Department, or your local Public Health England Health Protection Team

This Information is provided by:  
Public Health England North West  
Public Health England East Midlands  
Tattoo and Piercing Industry Union



Your practitioner

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