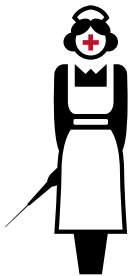


# SICK NURSE TATTOO

RAFA GARABAL / SICKNURSETATTOO.COM  
TEL. +34 653 849 606



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## AFTERCARE FOR YOUR NEW TATTOO

Your tattoo has been realized following all the hygienic and safety measures needed, to protect your (and your artist's) health.

Once the tattoo is finished, we will cover it with a transparent film. You can take it off in 3-4 hours, and clean your Tattoo with water and neutral ph soap.

Before you touch your new Tattoo, **always wash your hands.**

It's normal that some blood comes out from your new tattoo. It's also common that the area is a bit red, irritated and sensitive.

Wash the tattoo with your clean hands, taking off exudation, and once it's clean, put on a new piece of transparent film to protect it **during the first hours.**

Next day from the tattoo, it will not bleed at all. Just wash it and the skin should be clean. **Don't use the plastic film anymore,** and try to use loose clothing that don't press the area too much.

It's time to start with the **healing cream** (Bepanthol, Easy Tattoo, etc). With your clean hands, gently wash your tattoo with water and neutral ph soap, dry it with paper towels and leave a very thin layer of cream over the tattoo.

Extend the cream with your fingers until there is an almost transparent layer. You don't need a big quantity of cream. Your skin has a limit in the absorption of cream.

What you need is **that your skin is constantly hydrated** with the cream, so the best is to use a small quantity, but many times a day (3-4 times a day).

Some days after, your Tattoo will start to heal and change a little bit. The skin in the tattoo area will start to peel off. During the tattoo process, we "break" a superficial layer of skin, so your body will regenerate that layer. That skin will fall down, in a very similar way to a "sun burnt" skin.

**Don't scratch it** with your fingers or take it off by yourself. Just let it take it's own time and continue using the cream.

If there is any scab **don't scratch or take it off.**

In 10-15 days, the process will end. Your skin should be regenerated at this point and the tattoo will show it's definitive color and tones. From now on, you don't need to continue with the healing cream, but any **hydrant cream** will be useful to keep the tattoo bright and alive.

**Contact me for any question.**

**Rafa Garabal, Sick Nurse Tattoo**