GoldSeam

TATTOO CARE GUIDE

Caring for your new tattoo

Congratulations on your new piece. The next two to four weeks decide how beautifully it heals and how sharply it ages. Everything you need is right here — keep this somewhere you'll see it, and be gentle with yourself while your skin does its work.

FOR _____ ARTIST _____ DATE _____

01 The first day

Your artist sent you home wrapped. There are two common methods, so follow the one and the timing **your artist told you**:

Cling film or a simple bandage — remove it after the few hours your artist advised (often 2–6), then move to washing. **A second-skin adhesive film** (Saniderm-style) can stay on for a couple of days; a little cloudy fluid pooling underneath is normal. Peel it off slowly under warm water if it leaks or once the advised time is up.

Your first wash: clean hands, lukewarm water, a fragrance-free soap, and gentle fingertips — no washcloth, no scrubbing. Rinse, then pat dry with a clean paper towel and let the skin breathe before anything else.

02 Three rules that matter most

I. **Wash gently, 2–3 times a day.** Fragrance-free soap and fingertips only. Clean skin heals cleanly.

II. **Moisturise thin.** A whisper of fragrance-free lotion — just enough to stop tightness. A thick layer suffocates the skin, slows healing and traps bacteria. Thin is the whole secret.

III. **Never pick, scratch or peel.** It will flake and itch — that's healing, not a problem. Let every flake fall on its own, or you risk pulling ink and scarring.

03 What healing looks like, week by week

DAYS 1–3 Tender & fresh	Redness, warmth and mild swelling are normal, as is some clear or inky fluid weeping out. Keep up the gentle wash-and-thin-moisturise routine.
DAYS 3–6 Tight & flaking	The skin tightens and starts to flake like a light sunburn, and the itch begins. This is the hardest stretch for your willpower — don't scratch.
WEEK 1–2 Peeling & cloudy	Peeling is in full swing and the tattoo may look dull, milky or cloudy as new skin forms over it. It is not fading — the colour returns underneath.
WEEK 2–4 Settling	The surface is healed and the flaking is done. A slight shine or dryness over the piece is normal and settles across the month.
MONTHS 1–3 Fully home	The deeper layers finish settling over the next couple of months. By now your tattoo is truly part of you.

04 Do & don't

Do

+ Wash with freshly cleaned hands, every time
+ Keep everything fragrance-free — soap and lotion
+ Moisturise in the thinnest possible layer
+ Wear loose, clean clothing over the area
+ Let it breathe between washes
+ Sleep well and drink water — healing is a whole-body job

Don't

– Pick, scratch or peel the flakes
– Soak it — baths, pools, lakes, the sea, saunas
– Expose it to direct sun or a tanning bed
– Sweat heavily at the gym for the first week or two
– Re-wrap it unless your artist told you to
– Let pets or dirty surfaces touch the fresh tattoo

05 Everyday life while you heal

SUN	Keep it covered and out of direct sun while it heals. Afterwards, SPF 30–50 over your tattoo for life — the sun is the single biggest cause of faded, blurred ink.
WATER	Showers are fine from day one. No baths, swimming pools, lakes, sea or hot tubs until it's fully healed — usually two to four weeks. Submerging an open tattoo is the fastest route to trouble.
GYM & SWEAT	Light movement is fine, but avoid heavy sweating and friction directly over the tattoo for the first week or two. Give a piece over a joint a little extra rest.

06 When to check in

A little redness, swelling, warmth and some clear or inky fluid in the first days is completely normal. Reach out to **your artist** — and see a **doctor** if you're worried — for anything that goes beyond that: redness that spreads or worsens after day two or three, pain that increases rather than eases, skin that's hot and swollen, any pus, a fever, or an itchy rash that won't settle. Trust your instincts. Your artist would always rather hear from you than not.

"Treated kindly, your tattoo will settle into your skin and stay sharp for years.
Be patient, be gentle — and enjoy wearing it."

This is general aftercare guidance, not medical advice. Always follow the specific instructions your artist gave you, and consult a doctor for any health concern.