

Tattoo care: what to do, how to wash it and what to wear

What to do the first day

After getting a tattoo, the skin is quite damaged, so there is a high risk of infection, since bacteria and viruses manage to reach more easily inside the body. Thus, after the moment you leave the tattoo studio it is important to keep your skin protected with a piece of cellophane or plastic wrap for at least 4 hours. But this time can vary according to each tattoo, and should always receive guidance from the tattoo artist.

Afterwards, the plastic must be removed to avoid creating a humid and hot environment in which bacteria can easily multiply. On this day it is important to wash the tattoo and apply a healing cream to stimulate faster recovery.

What not to do in the first days

Although there are some habits that can be carried out to reduce the risk of infection, there are also others that should be avoided in the first 4 weeks to ensure better healing, such as:

- **Do not remove the peeling skin** , which begins to appear in the first 4 days after the tattoo is done, since they can still be attached to deeper layers of the skin, where the ink is still depositing;
- **Do not scratch the tattoo** , as it can aggravate skin irritation and promote the emergence of an infection due to the presence of bacteria under the nails;
- **Do not immerse the tattoo in water** , especially in public places such as swimming pools or beaches, since most of the bacteria develop in the water, increasing the risk of infection;
- **Avoid contact with the sun's rays** , because UV rays cause inflammation of the skin and can end up displacing the layers of tattoo ink, in addition to delaying healing;
- **Avoid applying excess cream on the tattoo**, mainly oil creams, as they create a barrier that prevents the skin from breathing and healing correctly;
- **Do not wear very tight clothing**, as it prevents the skin from breathing and can also end up removing the peeling skin that helps healing.

In addition, it is also important to be careful when returning to physical activities, since the [inkeeze products](#) of sweat can end up displacing the ink that has not yet been deposited in the deeper layers of the skin, in addition to being a place with a lot of dirt , which can end up increasing the risk of infection. Therefore, the return to the gym or physical exercise should be delayed for at least 1 week.

How to wash the tattoo?

The first wash of the tattoo is very important to ensure proper healing and avoid the development of an infection, as it helps to remove the remains of blood and dead cells. However, before washing the tattoo area it is very important to wash your hands to remove most of the bacteria and prevent them from reaching the tattooed skin.

Afterwards, tap water should be applied to the tattoo area, rubbing lightly with the fingers, avoiding using a sponge or some kind of cloth, and then using antibacterial soap. Ideally, the water should be lukewarm without causing water vapor, as the heat can lead to the opening of the skin's pores, facilitating the entry of bacteria and allowing the ink to move into the skin.

In the end, you should dry the skin well, using disposable paper towels or let it dry in the open air, since conventional towels, in addition to having a higher number of bacteria, can also be harsh on the skin, causing irritation.

Reduce inflammation and redness

Inflammation of the skin and redness are very common in the first few days after getting a tattoo due to the trauma caused by the tattoo machine, however it is a natural healing process, so it should not be a cause for alarm. .

The best way to reduce these symptoms faster is to always keep the skin clean and dry, in addition to applying a healing ointment several times a day, such as Bepanthol Derma or Neomycin-bacitracin, for example. Learn about other options for healing ointments.

How to relieve tattoo itching

After about 1 week, it is natural for a constant itchy sensation to develop in the tattoo area, which is caused by the emergence of flakes from the drier skin. In this way, a good way to relieve itching is to hydrate the skin well, using a cream for extremely dry skin, such as Nivea or Vaseline, for example.

Scratching the skin with the nails should be avoided, even if the sensation is intense, being able to give light touches with the hand to try to reduce the sensation. The flaking that is formed should not be removed either, since it is normal for them to fall off over time in a completely natural way. These flakes can often be the color of the tattoo, but it does not mean that it is fading.

Care that must remain forever

A tattoo usually heals after 1 or 2 months, but skin care should be maintained for a lifetime, especially to ensure that the image or text remains well defined and the color lasts longer. Thus, some important care includes:

- Apply a moisturizer every day;
- Apply sunscreen whenever the tattooed skin is exposed to the sun;
- Avoid bumps or cuts in the tattoo area;
- Drink about 2 liters of water a day.

When to go to the hospital

In most cases, the tattoo heals easily and without major complications, however, it may be recommended to go to the hospital in case symptoms such as:

- Skin with intense redness;
- Bleeding tattoo;
- Swelling in the tattoo area;
- Strong pain at the site of the tattoo.

