



**Aftercare instructions for tattoo Information  
about the risks for tattoos**

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### Aftercare instructions for tattoo

The healing process or cicatrisation time of a tattoo is approximately a week. General health and physical condition also play a role in this process. During the healing process the tattoo can itch. Personal hygiene is a must during the healing time of the tattoo. Directly after tattooing the tattooed spot has been covered with a wound spray, a sterile compress or a sterile self-adhesive transparent foil.

The tattoo wound has been covered with a sterile compress (not transparent) which you can remove after some hours and treat the wound, like defined here below.

When you get a new tattoo, the tattoo artist will apply a special film that should stay on for 5 days. It is good to know that you can use Bepanthen cream when you remove the foil that has been on for 5 days, as it has been shown to have a good effect only then.

The wound spray or self-adhesive transparent foil must stay until the wound is healed (three up to six days). You can take a shower with the wound spray and the foil. The wound spray wears off by itself. If 'wound moisture' under the foil occurs, the foil can fall off earlier by itself.

#### **Treat the tattoo wound then as follows:**

1. Touch the tattoo as little as possible with your hands.
2. Wash the tattooed spot two times per day with a mild non-perfumed soap until the wound is fully healed.
3. Dab the wound carefully after washing with a clean towel or a tissue.
4. Lubricate the tattoo if required (with washed hands) with the ointment given to you by tattoo artist. Do not use other ointments and let it not be used by others.
5. Do not apply wound disinfectants, such as Sterilon or Betadine on the wound.
6. Do not wear plasters or bandages over the tattoo/wound.
7. Do not wear tight or dirty clothing on the wound/wound.
8. Avoid contact with swimming water during the healing process (chlorine swimming pools, bubble baths, and natural swimming water). Also avoid sauna or steam bath.
9. Do not expose the fresh tattoo to the sun or use sun bed (not even with sunscreen). After the tattoo is healed always use high protection on the tattoo while tanning.

10. By extreme redness, swelling, bleeding, pus discharge, color change of the wound or pain contact your general practitioner.

### Information about the risks for tattoos

You are planning to get a tattoo. The GGD (National Health Service) thinks it's important to inform you at first, about several possible risks. The placing of a tattoo is a treatment which is piercing a skin. By doing the rightful working method and use of equipment, it is necessary to avoid diseases that can be transmitted by blood, such as: Hepatitis B and C. Wrong care and unhygienic treatment (by both; yourself and the tattoo artist) can cause harmful wound infections and make your piercing look ugly.

#### **Under the age of 16, a tattoo is strongly not recommended.**

Before you get a tattoo, you'll be asked to fill in a form of approval (a statement).

In this form there will be some questions about your health.

To fill out this form is for your own safety. If you're under the age of 16, then your legal caretaker have to sign this form and be able to show an identity.

The form of approval remains property of the tattoo artist and the content of the form will be treated with respect and discretion.

Placing of a tattoo Before placing a tattoo the skin will be cleaned and some disinfectant will be added. The placing of a tattoo must be sterile. This means; the needle and the jewel must come from a sterile package and may not be touched by bare hands. The tattoo artist wears gloves that have been disinfected with alcohol 70%/80% in advance, during the placing of the tattoo. The placing of the tattoo may hurt for a short while. It's prohibited for a tattoo artist to use anaesthetics without the company of a doctor.

#### **Taking care of a tattoo**

A recent placed tattoo can be compared with a deep flesh wound. It's very important that you take care well of your tattoo. You'll receive from the tattoo artist spoken and written instructions how to do this. These instructions must contain information like; consult a doctor in case of serious complaints (red colored skin, swelling, wound fluid, pus discharge). The wound that is caused by the tattoo requires time and care to heal. The healing of a tattoo wound sometimes can take a long time (from 4 weeks to 9 months). Some people have scar tissue caused by a tattoo. And it is possible that a tattoo wound will look ugly after healing of an infection. For some tattoos it's not known what the reactions and possible consequences will be when aging.

### Your health

Your health If you suffer from one of the symptoms written here under, the GGD (National Health Service) will not recommend you to place a tattoo:

- Diabetes
- hemophilia
- Metal sensitivity/allergic to metals
- Immune disorder
- Heart and vein disorders

- When using anti-cloth medicines
- On place where radio-therapy or plastic surgery was done.

On places where you have dark spots, beauty-spots,swelling, or other forms of irritation of the body and skin During the placing of the tattoo, you may not be under influence of alcohol or drugs.

If you're pregnant we advise not to place a tattoo.

Make sure you eat well and had a good rest before getting a tattoo.

You must tell the tattoo artist, the things you think are important for the tattoo artist to know regarding your tattoo (for example: use of medications, allergic reactions,sensitive to certain materials,skin issues).

### **Rules**

Rules In the Netherlands there is a law that applies to tattooing. The 'Landelijk Centrum Hygiene en Veiligheid' (national Center for Hygiene and Safety) has made regulations and the tattoo artists are obliged to follow there rules. The GGD and Food and drugs administration check once every two years if the tattoo studios abide to the guidelines.