



Aftercare instructions for tattoo Information about the risks for tattoos

www.piercingsworks.com

Reguliersbreestraat 46 1017CN,
Amsterdam, Nederland
+31 (0) 20 4282049

AFTERCARE INSTRUCTIONS FOR TATTOOS

The healing time of a tattoo is usually around 2 weeks. Your general health and physical condition can influence the healing process. During healing, the tattoo may become itchy. Good personal hygiene is extremely important while the tattoo heals.

Immediately after getting tattooed, the tattooed area will be covered with either a wound spray, a sterile dressing, or a sterile transparent adhesive film. If your tattoo is covered with a non-transparent dressing or household plastic wrap with ointment, you may remove it after a few hours and continue caring for the tattoo as described below.

When you get a new tattoo, the tattoo artist may apply a special healing film that should stay on for 1 day. After removing the film, you may use Bepanthen Wound Cream. Regular Bepanthen cream should only be used once the tattoo is fully healed.

The wound spray or transparent adhesive film should remain in place for 1 day. You may shower normally while wearing it. The spray will naturally wear off over time. If fluid builds up under the film, the film may loosen earlier. In that case, continue caring for the tattoo as described below.

Touch the tattoo as little as possible with your hands.

Wash the tattoo twice a day using a mild, fragrance-free soap until fully healed.

Carefully pat the tattoo dry with a clean towel or tissue after washing.

If desired, apply a thin layer of Bepanthen Wound Cream or another suitable tattoo aftercare cream using clean hands. Do not share creams with others.

Do not use disinfectants such as Sterilon or Betadine on the tattoo.

Do not wear plasters or bandages over the tattoo.

Avoid tight or dirty clothing on the tattooed area.

During healing, avoid swimming pools, hot tubs, natural water, saunas, and steam baths.

Do not expose the tattoo to sunlight or tanning beds, even when using sunscreen. After healing, always use a high SPF when tanning.

If you experience extreme redness, swelling, bleeding, pus, discoloration, or severe pain, contact your doctor immediately.

INFORMATION ABOUT THE RISKS OF TATTOOS

You are planning to get a tattoo. The Dutch Public Health Service (GGD) believes it is important that you are informed about possible risks beforehand.

Getting a tattoo is a skin-penetrating procedure. By working correctly and using proper equipment, infections and bloodborne diseases such as Hepatitis B and C should be prevented. Poor hygiene or improper aftercare may lead to wound infections that can harm your health and negatively affect the appearance of the tattoo.

Tattooing is strongly discouraged for people under the age of 16.

If you are under 16 and still wish to get a tattoo, a legal guardian must accompany you to the studio. Tattoos on the neck, head, hands, and wrists are never allowed under the age of 16.

Before receiving a tattoo, you will be asked to complete a consent form that includes questions about your health. This is for your own safety.

If you are under 16, your legal guardian must sign the form and provide identification. The form remains confidential and stays with the tattoo artist.

THE TATTOOING PROCESS

During tattooing, small needles place ink and pigments underneath the skin, creating a permanent image.

The inks and pigments used must meet strict safety standards. These are monitored by the Dutch Food and Consumer Product Safety Authority.

Before tattooing begins, the skin is cleaned and disinfected. If necessary, the area will be shaved using a new disposable razor.

Tattooing should always be performed as hygienically as possible:

The needle must be new and unused.

The needle must come from a sterile package.

The needle may never be touched with bare hands.

The ink must be sterile.

Ink is poured into small ink caps and used only for you.

Leftover ink is always discarded.

Clean tissues are used during tattooing and thrown away immediately after use.

The tattoo artist wears gloves and changes them whenever touching anything other than the tattoo machine, tissue, or your skin.

After the procedure, the tattoo will be cleaned, cared for, and covered.

TAKING CARE OF YOUR TATTOO

A new tattoo can be compared to a scrape or abrasion. The skin needs time and proper care to heal well. With correct aftercare, most tattoos heal within approximately 2 weeks.

Your tattoo artist will provide both verbal and written aftercare instructions. These instructions will also explain that you should contact your doctor if you experience severe redness, swelling, pus, or unusual wound fluid.

During healing, it is recommended to avoid:

- Swimming
- baths (showering is allowed)
- tanning or sunbeds
- saunas or hot tubs

Even after healing, always use a high SPF sunscreen when exposing the tattoo to sunlight.

YOUR HEALTH

The GGD advises against getting a tattoo if you have:

- Diabetes
- Hemophilia
- Chronic skin conditions
- Contact allergies
- Immune disorders
- Heart or vascular diseases
- Use blood-thinning medication
- Areas affected by plastic surgery or radiotherapy
- Bumps, dark moles, swelling, or irritated skin

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ou should not get tattooed while under the influence of alcohol or drugs. Tattooing during pregnancy is also discouraged.

Make sure you are well-rested, have eaten properly, and inform your tattoo artist about important medical information such as medication use, allergies, sensitivities, or dermatological treatments.

GUIDELINES

In the Netherlands, tattooing is regulated by law.

The National Center for Hygiene and Safety has established hygiene guidelines that tattoo artists are legally required to follow.