



Tattoo Aftercare Guide

Nord Ink Tattoo — Kirkebyveien 9A, Aurskog

Important: Proper aftercare protects your tattoo, prevents infection, and helps your ink heal clean and sharp.

First 24 Hours (Most Important)

- Keep the bandage/film on for the time your artist recommended.
- Wash your hands before touching your tattoo.
- Gently wash the tattoo with lukewarm water and mild, fragrance-free soap.
- Pat dry with clean paper towel (do not rub).
- Apply a thin layer of aftercare ointment or recommended cream.
- Wear clean, loose clothing over the area.

Days 2–14 (Healing Phase)

- Wash 2–3 times per day with mild soap and lukewarm water.
- Moisturize lightly after washing (thin layer only).
- Expect peeling and itching — this is normal.
- Do not scratch, pick, or peel scabs.
- Avoid tight clothing and heavy friction on the tattoo.

What To Avoid

- Swimming pools, hot tubs, saunas, and baths (showers only).
- Direct sun exposure and tanning beds.
- Heavy sweating and intense workouts for the first few days (especially if the tattoo is in a high-friction area).
- Pet hair, dirty environments, and touching the tattoo unnecessarily.
- Alcohol-based products or harsh creams.

Second Skin / Dermal Film Instructions (If Used)

- Keep the film on as instructed by your artist (usually 2–5 days).
- If fluid builds up under the film, this is normal.
- If the film peels off early, remove it completely and begin normal washing/moisturizing routine.
- Remove slowly under warm running water (do not rip it off dry).

Normal Healing Signs

- Redness and warmth during the first 1–2 days

- Light swelling
- Peeling and flaking
- Itching (especially days 4–10)
- Tattoo may look cloudy or dull temporarily

Warning Signs (Contact a Doctor if You Notice)

- Increasing redness after day 2–3
- Strong swelling, heat, or throbbing pain
- Pus, bad smell, or yellow/green discharge
- Fever or chills
- Red streaks spreading from the tattoo

Long-Term Care

- Use SPF 30+ sunscreen once fully healed (sun fades tattoos fast).
- Moisturize regularly to keep skin healthy.
- Avoid excessive sun exposure for best longevity.

Need Help?

If anything feels wrong, or you have questions during healing, contact us anytime.

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Disclaimer: This guide is general advice. Always follow your artist's instructions. If you suspect an infection or allergic reaction, seek medical attention.