Cling Film Tattoo Aftercare Instructions

Your tattoo is an open wound during the first stages of healing. Proper aftercare is essential to help prevent infection, protect the artwork, and ensure the best possible healing results.

LEAVING THE WRAP ON

Your artist has covered your tattoo with cling film/plastic wrap to protect it immediately after the procedure.

Leave the wrap on for approximately 2–4 hours unless instructed otherwise by your artist.

Do not leave cling film on for extended periods of time, as it can trap excess moisture and bacteria.

FIRST WASH

After removing the wrap:

• Wash your hands thoroughly before touching the tattoo
• Gently clean the tattoo using lukewarm water and fragrance-free soap
• Remove any blood, plasma, and excess ink carefully
• Do not scrub or use washcloths/sponges

Pat dry with a clean paper towel and allow the tattoo to air dry for several minutes.

MOISTURIZING

Apply a very thin layer of tattoo aftercare ointment or fragrance-free lotion.

The tattoo should feel lightly moisturized — not greasy or suffocated.

Over-moisturizing can delay healing and cause irritation.

DAILY CLEANING

Wash your tattoo 2–3 times daily during the healing process using:
• Lukewarm water
• Fragrance-free soap
• Clean hands only

After washing:
• Pat dry gently
• Apply a thin layer of moisturizer

WHAT TO EXPECT

During healing, it is normal to experience:
• Mild redness
• Tenderness
• Peeling
• Flaking
• Itching
• Dry/tight skin

DO

• Wear clean, loose clothing
• Keep the tattoo clean
• Stay hydrated
• Let peeling happen naturally
• Wash hands before touching your tattoo

DO NOT

• Scratch, pick, or peel the tattoo
• Submerge in pools, hot tubs, baths, or the ocean
• Expose the tattoo to direct sunlight
• Use heavily scented products
• Shave over the tattoo
• Re-wrap the tattoo unless instructed by your artist

HEALING TIMELINE

Days 1–3: Tenderness and fluid release
Days 4–10: Peeling and itching begin
Weeks 2–4: Surface healing improves
Months 1–3: Deeper layers continue healing

WHEN TO SEEK HELP

Contact your artist or a medical professional if you experience:
• Excessive redness spreading outward
• Severe swelling
• Thick yellow or green discharge
• Fever or chills

- Extreme pain
- Persistent rash or allergic reaction

Proper aftercare directly affects the appearance and longevity of your tattoo. If you have any questions during the healing process, contact your tattoo artist.