

# TATTOO AFTERCARE — BROKEN PUPPET TATTOO

Taking care of your tattoo properly is just as important as the tattoo itself.

At **Broken Puppet Tattoo in Worthing, West Sussex**, we use professional-grade aftercare methods and products to give your tattoo the best possible start — but how it heals from there is down to proper care.

Whether it's your first tattoo or your tenth, this guide will walk you through what to expect and how to look after your skin.

## WHAT WE USE & WHY

We don't take a one-size-fits-all approach. Your aftercare method is chosen based on your tattoo, your skin, and what will give the best healing result.

### Dermalise Phantom Second Skin

A breathable protective film applied straight after your tattoo.

- protects against bacteria and friction
- locks in natural healing fluids
- reduces scabbing and irritation
- ideal for most tattoos

### Yayo Aftercare Cream

A high-quality aftercare cream used during the healing phase.

- keeps skin hydrated without clogging
- supports clean healing
- helps maintain colour and detail

### Clingfilm (when needed)

Used in specific situations, such as:

- skin sensitivity or reactions
- heavy ornamental / linework tattoos
- when controlled airflow is more beneficial

In these cases, allowing the tattoo to **breathe properly** can produce better healing results.

# WHY AFTERCARE MATTERS

A tattoo is an open wound – how you treat it in the first 10-20 days directly affects:

- how sharp the lines heal
- how solid the colour stays
- how much touch-up work is needed
- and ultimately how your tattoo looks long-term

Good aftercare = better tattoo.

# YOUR AFTERCARE INSTRUCTIONS

We will generally offer two main healing methods.

'First Method.

Day 1. After you have been tattooed your tattoo will be wrapped up by your artist with a healing film wrap which can be left on for 4-6 days.

Day 2. You will see a build up of plasma under the film, this often looks black or muddy. This is perfectly normal and good for healing. However it can cause the film to come loose or for some people it can feel uncomfortable. In this case follow these instructions.

1. Remove the film gently pulling upwards away from the film position rather than pulling downwards. This will simply make it come off easier and more gently.

2. Clean the tattoo with warm water in the shower using antibacterial soap, lather up well and wash off all the residue(it's perfectly natural to have a fluid build up at this stage as there will be weeping during the first 24 hours) till it's matte clean.

3. Pat dry with kitchen roll(not your towel as they can hold a lot of bad bacteria)and let air dry for 10-20 mins.

4. We will provide you with a second set of the film to apply. Place over the now dry tattoo according to the directions given by us or follow the instructions on the Dermalize website.

5. Leave on for the remain days, showering is fine but no bathing, no swimming, no sunbathing or over strenuous activity on the affected area, remember it's still a healing wound and need time and care.

Day 4-6. Remove the film in the shower to make it easier again washing the tattoo with antibacterial soap. Clean any residue off the tattoo.

6. Apply the cream provided 3-4 times a day in small amounts and clean tattoo morning and night for 3 three weeks. Any remaining stickiness from the wrap can be removed easier by using the cream in slow gentle circular motions on the area.

Second Method.

Day 1. We will wrap your tattoo in clingfilm with Vaseline. Keep this on for 3 hours or until you are home and can clean the tattoo. Wash off the Vaseline with antibacterial soap and pat dry with kitchen roll. Allow to air dry for 20 mins. Then apply a small layer of the cream provided 3-4 times a day. Wash the tattoo morning and night and be mindful not to get it dirty or too wet, do this for 2-3 weeks and cream it for 3-4 weeks.

While there are other healing methods we find this to be the best and offers great healing results and minimises the risk of infection dramatically as it is covered by the film during the initial vulnerable healing stage.

These are our healing instruction, any questions or quires please call the studio

## **WHAT TO AVOID**

During healing:

- No swimming (pools, sea, hot tubs)
- No direct sun exposure
- No picking, scratching or peeling
- Avoid tight or abrasive clothing
- No heavy gym sessions that cause excessive sweating (especially first few days)

# WHAT'S NORMAL DURING HEALING

You may experience:

- redness
- slight swelling
- peeling or flaking
- itchiness

This is all part of normal healing.

# WHEN TO CONTACT US

If you notice:

- excessive redness spreading
- unusual swelling
- pus or strong odour
- signs of infection

Get in touch with us straight away – we're here to help.

# HEALING = PART OF THE PROCESS

Every tattoo goes through a healing phase – it won't look "finished" immediately.

Trust the process, follow the aftercare, and your tattoo will settle exactly how it should.

# NEED HELP OR HAVE QUESTIONS?

If you're unsure about anything during healing, don't guess.

Contact us via:

- Instagram
- Phone
- Email
- Or pop into the studio

We'd rather you ask than risk damaging your tattoo.

## BOOK WITH CONFIDENCE

At **Broken Puppet Tattoo, Worthing**, we don't just focus on creating high-end tattoos – we make sure they heal that way too.

Any question contact us by phone on

01903231951

Email: [rick@brokenpuppet.co.uk](mailto:rick@brokenpuppet.co.uk)

Or pop in to see us.