

01 / YOUR EVERYDAY ROUTINE

Tattoo aftercare.

Clean gently. Protect healing skin. Give it time.

Follow the plan agreed with Valkyria for your tattoo and dressing.

YOUR SESSION NOTES · COMPLETE WITH YOUR ARTIST

Tattoo date

Dressing type / product

Remove / change dressing as instructed at

Aftercare product / frequency

Dressing times vary by product and tattoo. Follow your individual plan; ask Valkyria if anything is missing or unclear.

While an adhesive dressing is still on: follow its specific instructions; don't add cream underneath. Ask Valkyria if it leaks, loosens or irritates. Seek medical advice for a significant or worsening reaction.

01—04 Once your dressing is removed

01 Start with clean hands.

Wash and dry your hands with a new clean towel, and sanitise your hands before touching the tattoo, removing a dressing or applying aftercare.

02 Clean gently. Don't scrub.

Use lukewarm water, mild fragrance-free soap and clean hands. Rinse gently. Avoid scrubbing, washcloths, sponges and high-pressure shower jets.

03 Pat dry, then let the skin dry.

Gently pat with clean, single-use paper towel. Don't rub. Let the skin dry before applying your recommended product.

04 A thin layer is enough.

Apply the recommended product as directed, without a thick, greasy coating. Follow your session plan for cleaning and product frequency.

02 / KNOW WHAT TO LOOK FOR

Give it time. Pay attention to change.

Some changes can be expected.

Mild tenderness, swelling and a little clear or blood-tinged fluid can happen early on. Light flaking or itching may follow. Don't pick or scratch.

The direction matters.

Symptoms should generally settle, not worsen. Healing takes several weeks and varies. A settled-looking surface may still be healing underneath.

While the skin is healing

- Avoid pools, hot tubs, sea or lake swimming, and soaking in a bath.
- Wear clean, loose clothing. Limit friction, stretching and activities that irritate the area.
- Keep it out of direct sun and tanning beds. Don't put sunscreen on unhealed skin.
- Keep pets, unwashed hands and dirty surfaces away from the tattoo.

Once fully healed, use clothing and sunscreen for sun protection. Ask if you're unsure about returning to an activity.

MEDICAL ADVICE FIRST

Don't wait if symptoms worsen.

- Redness or swelling that spreads or increases.
- Increasing warmth, throbbing or worsening pain.
- Pus, yellow or green discharge, or an unpleasant smell.
- Fever and/or a persistent, spreading or worsening rash, or blistering.

Contact a healthcare professional promptly for these signs. Seek urgent medical help for a high fever with feeling very unwell. **Call 112** for life-threatening symptoms, such as difficulty breathing or collapse.

Not a complete list. If you're worried, seek medical advice—even for symptoms not listed here.

Questions about care?

For routine aftercare or dressing questions, contact Valkyria.

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Suspect infection or a significant reaction? Contact a healthcare professional first. Don't wait for an artist's reply.

Valkyria can provide ink information, not a diagnosis or treatment. Only use antibiotic creams on a clinician's advice.