

Keep it clean

Maintaining proper hygiene is of utmost importance for a tattoo. Make sure to use a mild soap and lukewarm water to gently wash the tattoo site.

Use your hands or a soft clean cloth to clean it thoroughly, getting rid of any excess ink or residue. Try not to scrub too hard even if it's not completely clean in the first wash. Be patient and let time and repeated cleaning do the work.

Moisturise regularly

Hydration is key for tattoo healing. Therefore, it is very important to moisturise because it prevents dryness, itching, and scabbing. Apply a thin layer of tattoo-specific ointment or ask your tattoo artist to see if they have any moisturisers they can recommend. It is important that you use fragrance-free products, as some fragrances have chemicals that can irritate the skin. Apply lightly with clean hands to prevent introducing any bacteria.

Sun protection

Exposure to the sun can fade and ruin your tattoo over time. You need to shield your tattoos properly and the best way to do this is by covering your tattoo area with clothing when

outdoors under the sun for long periods of time. On the off chance that your tattoo needs to be out, try using some sunscreen. You can use tattoo-specific ones if they are available or anything with a high SPF rating works just fine too.

Resist the urge to scratch

After getting your tattoo it will be a test of patience, as it will itch like a menace. But patience is key here because scratching and itching will cause a lot of damage and can delay the healing process.

Therefore, if you must scratch the itch, lightly pat, or dab the area with clean hands. Alternatively, you can use a cold press to soothe the sensation. An ice pack works just fine in clutch situations.

Avoid soaking

During the initial healing stage, you should avoid soaking your tattoo in water. Keeping it dry prevents

infections from occurring and lets your tattoo heal properly. This means no swimming, beach trips, long showers, and bath times. Extended periods of time in the water can cause bacterial infections which hinder your healing process severely. Once your tattoos are set you can do all the water activities you want!

Comfortable clothing

Fabrics are a huge factor when it comes to tattoo healing. Wearing loose and breathable clothes keeps your tattoo area ventilated and free. Tight clothes which are restricting often rub up against your tattoo causing it to break in some cases. The same goes with synthetic and hard fabrics which can stick and snag your tattoo. To be completely on the safe side, ask your tattoo artist which clothes are better to let your tattoo breathe and heal.

Workout routines

Some activities can be harmful to your tattoo especially when it is healing. High-intensity exercises that make you sweat profusely must be avoided as much as possible. Sweat can harbour

harmful bacteria that irritate your tattoo area severely. Also keeping away your tattoo from direct heat is advised as heat causes sweat and sweat leads to irritation. Adjust your routine to prioritise your tattoo health for the time being and let it heal naturally.

Schedule touch-up sessions

Over time tattoos tend to fade away, losing their colour and vibrancy. This is perfectly normal and can be a quick fix at your tattoo artist's shop. A quick touch-up every now and then is highly recommended and will help increase your tattoo's longevity. These sessions restore lost colour, and refine some of the details, restoring your tattoo to its former glory. Regular sessions will keep the tattoo looking fresh and well-maintained.

Aftercare instructions

Consult your tattoo artist as they are the best resource for post-tattoo care. They have the best knowledge of your tattoo and its intricacies. Listen carefully to any specific tips they give you and be sure to follow their advice to the letter. Their guidance is unique to your tattoo so it is important that you follow the routine set by your artist.

By Abdul Warith Khan

Photo: Sazzad Ibne Sayed

Model: Arnira, Amit

Styling: Sonia Yeasmin Isha

Makeup: Sumon

Location: Holiday Inn Dhaka

