

Handpoke Tattoo Aftercare: The Minimalist Guide to Healing

THE DAILY ROUTINE



PROTECTION & RECOVERY



Avoid Friction & Seaking:
Wear loose clothing and avoid swimming, baths, or saunas for two weeks.



Sun Protection:
Avoid sun exposure; once skin is closed, use SPF 50 for protection.

NORMAL HEALING SIGNS & WHAT TO MONITOR



Appearance:	Appearance:	Appearance:
Light redness/flaking		Pus or red streaks
Sensation:	Sensation:	Sensation:
Mild itching/tenderness		Severe, increasing pain
No general symptoms	Systemic:	Fever or chills