

Handpoke Tattoo Aftercare: The Minimalist Guide to Healing

THE DAILY ROUTINE



Cleanse 1-2x Daily:
Use lukewarm water and mild, unscented soap; rinse thoroughly without rubbing.



Pat Dry Gently:
Use a clean paper towel to dab the area; never rub the skin.



Hydrate Only If Needed:
Apply a paper-thin layer of balm only if the tattoo feels dry or itchy.

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

Normal Reaction



Appearance:
Light redness/flaking

Sensation:
Mild itching/tenderness

No general symptoms

Contact a Doctor If...



Appearance:
Pus or red streaks

Sensation:
Severe, increasing pain

Systemic:
Fever or chills