



NUVEM NEGRA
TATTOO

⌀ BEFORE YOUR TATTOO SESSION ⌀

- ⌀ **HYDRATE YOUR SKIN** FOR AT LEAST 5 DAYS BEFORE YOUR SESSION, USING A HIGH-QUALITY MOISTURIZER.
- ⌀ **AVOID SHAVING THE SKIN** CLOSE TO THE TATTOO DATE, AS IT MAY CAUSE IRRITATION AND AFFECT THE SESSION.
- ⌀ **AVOID SUN EXPOSURE.** THE LESS TANNED YOUR SKIN IS, THE EASIER THE PROCEDURE WILL BE. **USE SUNSCREEN** IF YOU CAN'T AVOID THE SUN.
- ⌀ **EAT WELL AND STAY HYDRATED** IN THE 24 HOURS BEFORE YOUR SESSION. THIS WILL INCREASE YOUR ENDURANCE AND IMPROVE YOUR EXPERIENCE.
- ⌀ **AVOID ALCOHOL** IN THE 24 HOURS BEFORE THE PROCEDURE, AS IT CAN AFFECT BLOOD CLOTTING AND MAKE THE TATTOOING PROCESS MORE DIFFICULT.
- ⌀ **GET A GOOD NIGHT'S SLEEP** BEFORE YOUR SESSION. THIS WILL HELP YOU FEEL MORE ENERGIZED DURING THE TATTOO.

⌀ AFTER YOUR TATTOO SESSION ⌀

- ⌀ **WASH THE TATTOO THOROUGHLY**, WITH RUNNING WATER AT WARM OR ROOM TEMPERATURE AND NEUTRAL SOAP AT LEAST 3 TIMES A DAY DURING THE FIRST 3 DAYS.
- ⌀ **USE PLASTIC WRAP ON YOUR TATTOO** DURING THE FIRST 48 HOURS, CHANGING IT EVERY 8 HOURS. IT HELPS PROTECT THE TATTOO, PREVENTS CONTAMINATION AND FRICTION, AND AIDS THE INITIAL HEALING PHASE.
- ⌀ **DRY YOUR TATTOO USING PAPER TOWELS** DURING THE FIRST TWO DAYS.
- ⌀ **ON THE 3RD DAY, START USING A HEALING OINTMENT.** WE RECOMMEND PANTA NEOSKIN OR CICAPLAST. APPLY IT 2 TO 3 TIMES A DAY FOR 15 DAYS.
- ⌀ **AVOID SUN EXPOSURE** DURING THE FIRST DAYS OF HEALING. DO NOT USE SUNSCREEN DURING HEALING. **UV-PROTECTIVE CLOTHING** IS AN ALTERNATIVE IF YOU CANNOT AVOID THE SUN.

⌀ AFTER YOUR TATTOO SESSION ⌀

- ⌀ **AVOID SCRATCHING OR TOUCHING THE TATTOOED AREA,** AS MUCH AS POSSIBLE. **Do NOT PICK THE SCABS,** AS THIS CAN DAMAGE THE FINAL RESULT.
- ⌀ **IF YOUR TATTOO SHOWS EXCESSIVE ITCHING OR REDNESS,** CONTACT YOUR TATTOO ARTIST.
- ⌀ **PAY ATTENTION TO YOUR DIET DURING THE FIRST WEEK.** AVOID FATTY FOODS, PROCESSED FOODS, SEAFOOD, AND PORK.
- ⌀ **AVOID SWIMMING POOLS, BEACHES, WATERFALLS, LAKES, AND RIVERS** DURING THE HEALING PROCESS. THESE PLACES CONTAIN BACTERIA THAT CAN DAMAGE YOUR TATTOO.
- ⌀ **AVOID PHYSICAL ACTIVITY,** ESPECIALLY IN THE FIRST DAYS AFTER YOUR TATTOO. EXERCISE CAN AFFECT HEALING DUE TO SWEAT AND EXCESSIVE MOVEMENT.

φ LOCATION AND ADDRESS φ

φ WE ARE LOCATED AT **GILDÁSIO AMADO STREET, NO.55, ROOM 506, BARRA DA TIJUCA.**





SCHEDULE YOUR TATTOO NOW!

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