

Evidence-Based Protocol: **Tattoos**

Phase 1-2 (Days 1 to 5)

Goal: Support re-epithelialisation.

Intervention: Thin layer of petrolatum-based or dimethicone-based occlusive, 2-3x daily after gentle cleansing with fragrance-free mild soap. Wound must not feel suffocated.



Phase 3-4 (Day 4 to 21+)

Goal: Moisture management, prevent pore blockage.

Intervention: Switch to a fragrance-free, water-based moisturiser. Do not over-moisturise.