

Crush

Pre & Post Care for Freckle Tattoo

Properly preparing for and caring for your freckle tattoo (or faux freckle PMU) ensures the pigment heals cleanly and lasts. The entire process takes about 7 to 14 days, during which you must avoid picking, excessive sweating, and sun exposure to prevent infections and premature fading.

Pre-Care (2 Weeks Before)

- **Pause Actives:** Avoid chemical peels, microneedling, and skincare with Retinol, AHA/BHA, or Vitamin C on your face.
- **Avoid the Sun:** Refrain from tanning beds and direct sunlight. Sunburned or tanned skin cannot be tattooed safely.
- **48 Hours Before:** Avoid alcohol, aspirin, ibuprofen, and excessive caffeine to minimize bleeding and skin sensitivity.
- **Day of:** Arrive with clean, makeup-free skin.

Aftercare (First 7–14 Days)

- **Keep It Clean:** Gently wash your face morning and night with a fragrance-free, gentle cleanser (like Cetaphil or CeraVe) using only your fingertips. Pat dry with a clean paper towel.
- **Moisturize Sparingly:** Once or twice daily, apply a tiny (rice-grain sized) amount of healing ointment. Less is more.
- **Do NOT Pick:** Freckles will appear darker at first and may flake. Let the scabs fall off naturally to prevent pulling the pigment out.

What to Avoid While Healing

- **Water & Sweat:** No swimming, saunas, hot tubs, steam rooms, or intense workouts. Keep your face as dry as possible during showers.
- **Makeup & Products:** Do not apply makeup, facial cleansers with actives, or acne products on or near the treated area.
- **Sun Exposure:** Protect the new work from the sun by wearing a hat and sunglasses outdoors.

Long-Term Maintenance

Once fully healed, your faux freckles will typically last 6 to 12 months, depending on your lifestyle. Protect your investment by applying SPF 30+ daily and avoiding harsh chemical exfoliants on the area.