



## **Aftercare Instructions: Tattoo Removal**

### **Day of Treatment (Day 1)**

**Ice:** It is valid to apply an ice compress to site on and off for the first hour. Alternate the compress on and off every 1 to 3 minutes as needed. Do not leave ice on the treated area for more than 5 minutes. Natural aloe vera gel may also be applied.

**Rest:** Limit physical activity on this day. Avoid exercising and any activity that results in perspiring. Avoid hot steamy showers and harsh soaps/cleansers.

**Elevate:** The treated area should be elevated above the heart when possible. This is especially important for tattoos on the lower leg, ankle and feet.

**Notes:** Please note your treatment site may exhibit different tissue reactions after each treatment. The following signs and symptoms are normal after laser treatment:

- ❖ The treatment site appears unchanged or appears brighter.
- ❖ The area will appear white, pink, or red.
- ❖ The treatment site has pinpoint bleeding, blistering, or red, yellow, or clear discharge and swelling.

### **Day after Treatment (Day 2)**

**Ice:** Continue to apply ice compress as noted above only as needed for burning.

**Moisturize:** Apply Vaseline or Aquaphor 3-4 times a day for the first 3 days after treatment to promote healing and reduce itching and irritation.

**Rest and Elevation:** Continue to rest and elevate (especially important for tattoos on the ankle or foot). Limit physical activities such as working out, sports, etc.

### **Until Healed (Day 3)**

**Moisturize:** Keep treatment site well moisturized with Vaseline or Aquaphor.

**Avoid:** Any over the counter anti-bacterial ointments or creams as they may cause allergy!

**Activities:** You may resume activities unless a blister is present. Avoid swimming pools, ocean, hot tub, and tub soaking pedicures for 5-7 days until healed.

**Blistering:** Blistering is normal. Do not pop or pick blisters. Blisters may take 1-2 weeks to resolve. You may use a non-stick bandage to protect the blister. If blister breaks apply Vaseline and a non-stick bandage to protect the blister. If the blister is painful you may call the clinic to have it drained.

**Healing:** Do not pick or remove scabs or crusts that develop during the healing process. This is a leading cause of infection and can lead to scarring. Healing can take anywhere from 5 to 25 days (or more). Infections are rare, however if aftercare is not followed they can occur.

**Before Your Next Treatment:** Apply SPF 50 to tattoo when in direct sun light, avoid spray tanning for 2 weeks before, and shave area day before next treatment.

**Book Next Appointment:** Should be booked in 6-12 weeks. It takes the body up to four weeks to break down the ink so results will not be immediate and every treatment will react differently.