

## Laser Tattoo Removal Aftercare Instructions

### Day of Treatment (Day 1)

- **Ice:** It is vital to apply an ice compress to site on and off for the first hour. Alternate the compress on and off every 1-3 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 above the heart when possible. This is especially important for tattoos on the lower leg, ankle and feet.
- **Skin Reactions:** Please note your treatment site may exhibit different tissue reactions after each treatment. The following signs and symptoms are **normal** after laser treatment:
  1. The treatment site appears unchanged or appears brighter.
  2. The area will appear white, pink, or red.
  3. 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 Aquafor 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.

### Day 3 Until Healed

- **Moisturize:** Keep treatment site well moisturized with Vaseline or Aquafor.
- **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, and 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 Aquafor and a non-stick bandage.
- **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. The signs to look for are foul odor, fever, red streaks from area, yellow-green drainage, and pain. Call the office if you suspect an infection.
- **Before your next appointment:** Apply SPF 50 or higher to tattoo when in direct sun light, avoid spray tanning for 2 weeks before/after, and shave area day before next treatment.

**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.