

## Laser Tattoo Removal Aftercare Instructions

### **Day One-Treatment Day**

- **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.
- **REST & ELEVATE:** the treated area above the heart when possible. This is especially important for tattoos on the arm/hand/leg and is absolutely imperative for tattoos located on the ankle or foot.
- **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 or darker.
  2. The area will appear white, pink, red and/or swollen.
  3. The treatment site has pinpoint bleeding, blistering or red, yellow, or clear discharge.

### **Day Two**

- **ICE:** Continue to apply ice compress as noted above as needed.
- **MOISTURIZE:** Apply Vaseline or Aquafor 3-4 times a day for the first 3 days after treatment to decrease warmth, itchiness and irritation.
- **REST & ELEVATION:** Continue to rest and elevate (especially important for tattoos on the ankle or foot). Limit physical activities that may irritate the area, such as standing for long periods or overuse of hands (if fingers or wrists have been treated).

### **Day Three until healed**

- **MOISTURIZE:** Keep treatment site well moisturized if needed with Vaseline or Aquafor.
- **AVOID** Neosporin, Polysporin, Bacitracin or any other over the counter anti-bacterial ointments as they may cause allergy.
- **ACTIVITIES:** You may resume activities but strenuous exercise or contact sports should be avoided. Avoid swimming in pools, ocean, and hot tubs for 5-7 days until healed.
- **BLISTERING:** Blistering is normal. Do not pop or pick blisters. Blisters may take 1-2 weeks for the fluid to resolve. You may use a non-stick bandage to protect the blister. If blisters break, apply Vaseline and a non-stick bandage. Contact us if you show any signs of infection in the area.
- **HEALING:** Do not pick or remove scabs or crusts that develop during the blister healing process. This is a leading cause of infection and can lead to scarring. Healing can take from 5-25 days (or more).
- **BEFORE YOUR NEXT TREATMENT:** Apply SPF 50 to tattoo when in direct sun light, or cover with clothing or athletic tape at least 2 weeks prior.
- **NEXT APPOINTMENT:** Should be booked in 8 weeks. It takes the body weeks to break down the ink so results will not be immediate and every treatment will react differently.
- Darker denser tattoo's will see little to no change after the first 1-2 treatments but will catch up near the end of a series.