

Laser Tattoo Removal Post Care

Day One

- ALWAYS WASH YOUR HANDS before touching your treatment area.
- Keep a sterile gauze bandage over the treated area for the next **3 days**.
- Reapply a very thin coating of antibiotic ointment each time you change the gauze (such as **Neosporin**). Aim for ointment re-application 3x a day for the first 3 days.
- Apply a cool compress and take an acetaminophen (like Tylenol) if needed.
- Skip the aspirin (ibuprofen, Aleve etc.) These can cause bleeding & bruising.
- Do not shower for at least 2-4 hours post treatment. No high-pressure blasts of water or soaking - no baths, saunas, hot tubs, or swimming until the area has completely healed.

Days Two and Three

- Resume normal activities but avoid extreme exertion that will twist/stretch the skin.
- Don't shave, wear make-up, or apply creams on or near the treated area.
- Laser treatments are drying and the area may become itchy. Apply Vitamin E oil as a moisturizer to prevent and soothe itching. This helps repair skin as well.
- Blisters can erupt anytime from 8 to 72 hours after the treatment. **DO NOT** touch them, but do keep applying the antibiotic ointment until they have healed and then begin Vitamin E oil.

Day Four

- Remove the bandage and clean the treated area with mild soap and water, patting it dry.
- Keep the area dry and clean while it heals.
- Avoid sweaty or dirty activities and overexertion that could stress the area and prevent scabbing and healing.
- If you develop blisters at any point (likely), **DO NOT PICK**. Blisters are part of the healing process.
- Keep popped blisters covered in a light film of protective ointment (Neosporin) for at least 24 hours after they pop to prevent infection.
- Never scratch or scrape a scab. That's asking for scarring and it could lead to infection.
- Once the gauze bandage is off, use sunscreen over the treated area every time you are outdoors for at least 3 months. Even cloudy days are too much sun exposure for a lasered-away tattoo. SPF 25 is the absolute minimum strength for sunblock, but higher is better.
- Check for signs of infection. Redness, tenderness and heat around the treated area could signal a problem. If the area is oozing, crusted over with a yellow or honey-colored crust, or shows spreading redness, you should see your doctor.
- If you have any unusual reaction to the treatment or during aftercare, check in with your medical provider.

Turn Over for additional post care instructions beyond day four.

Four Weeks and Beyond

After four weeks you should be entirely healed - or very near. It can take up to eight weeks for the area to be completely healed, depending on your physical health and how elaborate the removal was. If you follow aftercare instructions meticulously, you will speed the healing and ensure the area looks as pristine as possible, but complete removal usually involves multiple sessions - five to ten or more for smaller faded (old) tattoos. How many treatments you'll need depends on the age of the tattoo, the colors of the inks used, the size and location of the tattoo, and other factors. If you're lucky, the whole process results in little to no trace that there was once a tattoo. However, you may need to schedule repeat visits at eight-week intervals to get there. Be aware that some people are prone to keloids (raised scar tissue) and darker skin tends to scar more easily than lighter skin. Take extra precautions if you have delicate skin and be sure to follow all the aftercare instructions.

Additional things that may help....

- *drinking extra water *decrease alcohol consumption (dehydrates, slows down healing)
- *keep immune system strong *don't smoke (weakens immune system)
- *take healthy skin supplements *exercise (increases blood flow)
- *Procell Microchanneling treatments (ask your technician for more details)