



## ***Tattoo Removal Post-Treatment Information***

---

Laser treatments are currently considered to be the most effective way of achieving tattoo reduction. Tattoo colors, skin types, quality of tattoos and other factors will, however, affect the results of laser treatment.

Clinical experience in using laser machines for tattoo reduction has indicated that the majority of patients should observe color reduction, with variable degrees, after each session. Yellow ink is known not to respond to current laser treatment. Colors other than dark ink will also not respond to treatments as vigorously. It could take several treatments to observe significant tattoo reduction. The goal is to reduce the ink to the most degree possible with the current level of technology. Tattoo removal requires multiple sessions, typically 5-15, but the end-point is that of no further observation of reduction. Realistic expectations are to reduce, rather than totally eliminate the tattoo.

Laser treatment will be terminated when tattoos no longer show signs of further reduction.

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

**Ice:** It is vital to apply an ice compress to the 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 perspiration. 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/or swelling.

### **Day After Treatment (Day 2)**

**Ice:** Continue to apply an 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.

### **Day 3 and Until Healed**

***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 such as Neosporin.

***Activities:*** You may resume activities unless a blister is present. Avoid swimming pools, ocean, hot tubs 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 Aquaphor 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 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.

- Treatments can be scheduled no sooner than 6 weeks apart

**Please call should you have any questions prior to your appointment.**