

Tattoo Removal Instructions

Before Your Treatment

- 2 weeks before your treatment, please avoid sun exposure, spray tans, and tanning lotions as all are considered active tans.
- 5-7 days before your treatment please avoid all blood thinners such as Aleve, Motrin and Ibuprofen, as well as fish oil and flaxseed supplements.
- 5-7 Days before your treatment, discontinue usage of any antibiotics.
- If you become pregnant or start breastfeeding, please give us a call.

After Your Treatment

- Immediately after your treatment, apply ice for 5 minutes then off for 5 minutes. Alternate on/off for the remainder of the day, and continue the next morning as needed.
- When you arrive home, you may remove your bandage. At home or in clean work environments leave bandages off so the treated area can breathe. You may cover the area again if it will be exposed to dirt.
- For the first 24 hours, apply Clear Aloe Vera gel to keep the treated area moist.
- After 24 hours switch from Clear Aloe Vera gel to Vaseline or Aquaphor to keep moist for up to 5 days. Once the area is healed (no longer red or raw) you may switch to a simple moisturizer and continue to moisturize until the area feels like normal skin again.
- For the first day, plan on relaxing and taking it easy. Avoid exercising or activities that make you sweat.
- Rest with the treated area elevated, especially at night. This is particularly important for treated areas on the lower legs, ankles or feet.
- It is common to have areas of pin-point bleeding after a laser treatment. This bleeding should stop in the first 12-24 hours.
- Blistering may occur after laser treatments. Do not pop or disrupt them. If they open they may secrete a yellow or clear discharge. If you develop a large blister please contact our office.

- For the first day or two following treatment, you may feel a burning sensation for the first day or two after treatment. Use of cold compress can calm this sensation. You may also use ibuprofen or Tylenol to help with pain control.
- The tattoo may appear unchanged, white, or brighter. The skin itself may turn red, pink, or even "frosted" immediately after treatment. This is normal.
- 1 Day after your treatment, you may shower. Use lukewarm water, avoid hot steamy water and baths. Hot water will increase blood flow to the area leading to more swelling and potential irritation. Wash the area with a gentle soap like Cetaphil or Neutrogena. Pat the area dry with a clean towel. Until the treated area is fully healed, avoid hot tubs, rivers, lakes etc. to reduce risk of infection.
- Swelling occurs in most patients after this procedure but varies from person to person. Most of your swelling should resolve in the first five days. Using cold compress or icing immediately after the procedure will help minimize the swelling.
- Your skin may flake for a couple weeks after treatment.
- Avoid smoking for 4 weeks after your treatment.
- For the first 8 weeks following treatment, avoid sun exposure. After 8 weeks you will need to wear sunblock on the area anytime you may be exposed to sunlight. Sunlight can permanently affect the skin's pigmentation, causing your skin to darken. It is recommended to wear SPF 30 or higher.

Treatment Schedule

- Do not get the tattoo treated again for at least 8-10 weeks.

Questions/Concerns. Post-treatment healing varies from patient to patient. If you have any questions or concerns, please contact our office at 425-450-0880.