

## Post Care Tattoo Removal

### 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 on and off every 1-3 minutes as needed. **Do Not** leave ice on the treated areas more than 5 minutes. Natural aloe gel should be applied as needed.

Limit physical activity on this day and anything that results in perspiring. Avoid hot showers and harsh soap and cleansers.

Elevate the treated area above the heart when possible especially for tattoos removed from lower extremities such as lower leg, ankles and feet.

Please note that the treatment site may exhibit different reactions after each treatment. The following are normal:

The treatments site is white, pink, brighter or unchanged. It may blister, show signs of bruising or pinpoint bleeding, swelling or show yellow discharge.

### Day 2

Continue to ice if necessary, Apply Aquaphor to the area several times a day for the first three days to keep the area moisturized. Avoid any over the counter anti-bacterial creams as they may cause allergic reactions. Continue to rest and keep elevated (especially important for the ankle area. Limit physical activities, working out, etc.

### Day 3

Keep applying the Aquaphor to keep it moisturized. You may resume activities unless blister is present. Avoid swimming pools, hot tubs, oceans and tub soaking pedicures for 5-7 or until healed. Blistering is normal. **DO NOT pop or pick blister.** You may apply a non-stick bandage to protect the blister. If blister breaks continue to apply Aquaphor. If blister becomes painful please call the office. Do not pick any crusting or scabs, this is the leading cause of infections post treatment. Healing can take anywhere from 5-25 days. Infections are rare but if aftercare is not followed they can occur. If any foul odor, fever or red streaks, yellow-green drainage, pain appear at the site, please call the office.

Apply SPF of 50 to the area when in direct sunlight and avoid sun when possible. Avoid spray tanning for two weeks prior to your next treatment. Appointments should be booked every 6-12 weeks because it takes the body up to four weeks to break down the ink. Results will not be immediate and every treatment will react differently.

If you have any questions, call us at 978 208 0284