



Aftercare Instructions

Ice: Can be applied as needed. Do not leave ice on the treated area for more than 5 minutes to avoid skin damage.

Rest: Limit physical activity for about 3 days.

Elevate: The treated area should be elevated above the heart when possible. This is especially important for tattoos on the arm, lower leg, ankle and feet.

Dressing: You will leave after your treatment with a gauze dressing, bandaid, or Tegaderm dressing on the lasered area. You may shower with the Tegaderm dressing on. Do not scrub the treated area. Tegaderm dressing will start to come off in 7-10 days. Leave it alone until then. **When the Tegaderm dressing comes off, start using Aquaphor 2 times a day until your next treatment.** Aquaphor can be purchased over the counter at any grocery store, pharmacy, or here.

After the Tegaderm comes off, **IF** there are no blisters or scabs, the treatment site does not need to be covered. If there are still blisters or scabs cover the treated area with gauze to decrease risk of clothes rubbing on treated area and possibly causing a scar. Continue using Aquaphor 2 times a day.

Healing: Do not pick or remove scabs or crusts that develop during the healing process. This could cause infection and lead to scarring. Healing can take anywhere from 5 to 25 days (or more). Infections are rare, however, 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.

Notes: Please note your treatment site may exhibit different tissue reactions after each treatment.

The following signs and symptoms are normal after laser treatment:

- Pinpoint bleeding, blistering or red, yellow, or clear discharge and swelling. Bony areas such as ankles and wrists are more prone to blistering.
- The treatment site appears unchanged or appears raised.
- The area will appear pink, red, or white.

Before Your Next Treatment: Apply SPF 30 when in direct sun light and avoid spray tanning for 2 weeks

Book Next Appointment: Should be booked in 6-8 weeks. The body takes time to break down the ink so results will not be immediate and every treatment may react differently.

Maximizing Your Results

At Absolute Laser Tattoo Removal, we encourage our clients to adopt a healthy lifestyle to improve and speed up the tattoo removal process. Follow these tips to get the most out of your removal sessions.

- Keep your tattoo out of the sun, or use SPF 30 sunscreen and cover.
- Avoid: Hot showers, bath tubs, oceans, pools, spas, and heavy workouts for a few days after treatment.
- Stay hydrated to help flush the ink—drink water regularly. 2 liters per day.
- Be moderate with alcohol.
- Refrain from tobacco use. Smoking slows down the removal of ink by 40%.
- Apply Aquaphor twice daily throughout the whole process.

Be patient this takes time.

I have read and understand these instructions.

Patient Signature: _____ Date: _____

Print Name: _____