

# Tattoo Removal Aftercare Information

The following notes are important, please read them carefully.

- If the skin has not broken, a dry sterile dressing can be placed over the treated area to protect it.
- The area will become raised and feel hot, it can be cooled with the use of a cold compress or an ice pack. Do not apply ice directly to the skin as this can cause a burn.
- As long as the skin is unbroken cooling products such as Aloe Vera gel can be used to give relief to the sunburn type feeling of the treated area.
- A thin layer of an antiseptic cream can be used if your skin is broken to help protect from any infection.
- E45 cream, Aloe Vera gel or Vaseline can be used to relieve the itching which normally occurs 3 – 5 days after the treatment.
- Avoid direct exposure to the sun for 2 months after the procedure. If it is necessary to be in the sun, a sunscreen with SPF 25 or greater must be used.
- Some people develop blisters, crusts, or scabs within 8-72 hours, which may last for 1-2 weeks or more. The treated areas may be pink or pale after the scab separates. Blistering is common and is likely to occur 8 hours after your treatment. Do not be alarmed, blisters heal very well and are part of the normal healing process. Blisters indicate your immune system is healing the area and beginning to remove the ink from your tattoo. It is natural for blisters to pop, and this helps the skin to heal faster in many cases.
- Keep the treated area clean and dry while it is healing

## Whilst Healing

- Avoid restrictive clothing around the treated area.
- Avoid using perfume, body lotions, or make up on the treated area.
- Avoid hot baths or continuous soaking, leave at least 2 hours before showering.
- Avoid heat treatments such as saunas and steam rooms for at least 2 months, as your skin will be more photosensitive.
- Avoid swimming.
- Avoid lying in the sun or using sun beds.
- Do not pick at any scabs.
- Do not burst any blisters.
- Avoid allowing the area to become scrapped or knocked, especially during exercise.

I confirm I have read and understood the aftercare advice

Signed \_\_\_\_\_

Date \_\_\_\_\_