

# Aftercare Guidelines

## Baltimore Tattoo Removal

### What should I do after my laser tattoo removal treatment?

Here are some basic guidelines to handling these side effects and achieving excellent laser tattoo removal results: If you have any questions or concerns, please don't hesitate to contact our office.

**For the next 24 hours:** A cold compress and elevation are recommended to help reduce discomfort and inflammation.

**Avoid for the next 24 hours:** Physical activity, hot showers and saunas.

**Apply for the next 3 days:** Aquaphor, Bacitracin, or A&D Ointment with bandage. Any of these ointments will work. Change the dressing daily.

- After Day 5 begin applying Silagen Gel and Healing Balm.

**Avoid for the next 1-2 weeks:** Direct sun exposure, hot tubs, pool water and salt water until tattoo is healed.

- Keep the treated area clean and dry while it is healing. Clean the area with antibacterial soap if needed and then pat the area dry. **AVOID HIGH-PRESSURE WATER HITTING THE TREATED AREA.**
- Some scabbing, blistering, light bleeding and itching may occur. Immediately after treatment, there may be erythema (redness) and edema (swelling) at the treatment site. This usually lasts 2 hours or longer. The erythema may last up to 10 days.
- Do not pop blisters. If you do blister, continue to apply one of the recommended ointments until the blister has popped naturally.
- Do not pick at the scab or allow the skin to become scraped, as this may result in infection and scarring. Shaving should be avoided in the treated area until it is completely healed
- You may notice that blistering may occur in some treatments and not others. If blistering does not occur, it does not mean that your most recent treatment was less aggressive or your treatment is not working. Sometimes your body will react, while other times it will not. Regardless, the treatment is working.
- You may take only Tylenol to help with discomfort. Please avoid aspirins, ibuprofens and naproxens because they may increase the risk of bruising and/or bleeding.
- Shaving should be avoided in the treated area until it is completely healed (5-10 days).
- Please apply sunscreen everyday to the treated area after the tattoo has completely healed (5-10 days), even if clothing covers the treated area. Sun will travel through your shirt or pants. The use of sunscreen everyday on the area will also help the ink absorb and help with itching.
- No active tan, self-tanner, bronzers or spray tan 4-6 weeks before and after treatment.
- Massage the treated area 5-10 minutes daily after treated area has healed (5-10 days). Daily massage will help ink absorb.
- Remember, not all tattoos will clear 100%. Your tattoo may just fade.
- Remember: Drink lots of water.