

## *Tattoo Removal Aftercare*

Thank you for choosing Dundrum Laser Clinic for your tattoo removal treatment.

Laser tattoo removal is the gradual fading of the tattoo over multiple treatments over time. The laser does not remove the ink, this is done by your own body immune system. Some factors influencing the number of sessions required for full clearance include...

the colours in the tattoo, how deep the ink is, do you smoke, how fit you are, do you drink large amounts of water, can you take the higher laser energies, where the tattoo is placed for good blood-flow to drain away the broken up pieces of ink, how concentrated that the ink is.

The gap between sessions is to allow the natural body system to work, and the longer gap usually results in better fading.

Many clients then develop blisters, crusts, or scabs within 8-72 hours, which may last for 1-2 weeks or more. Healing is usually complete within 4 weeks, although this may vary. The treated areas may be pink or pale after the scab separates. Scarring, which can be hypertrophic or even keloid, can occur but is very rare. Loss of skin pigment in the treated area is common, and is temporary except in very rare cases. The tattoo removal laser treatment may create a superficial burn wound. Here is some post treatment advice to ensure you get the best results possible.

Some patients may experience bruising or swelling. In the first 3 or 4 treatments there usually is immediate whitening (frosting) of the treated area, which usually lasts for several minutes immediately post treatment.

Post treatment, apply aloe vera gel every 4 hours, for 48 hours OR until the area has healed fully. We highly recommend the generous use of bio oil twice daily once the area is fully and completely healed. Do not apply bio oil in the first 48 hours.

- Keep the treated area clean and dry while it is healing. Avoid activities that could lead to infection for 3 days while the area is healing. You may place a covering bandage on the area.
- Blistering is common and is possible to occur soon after your treatment. Do not be alarmed, blisters heal very well and are part of the normal healing process. It is natural for blisters to burst. Continue to put antibiotic ointment over the blisters once they have burst for at least 24 hours
- 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
- Avoid hot showers and baths (but take care to avoid high pressure water hitting the treated area) for 48 hours. Avoid saunas for at least 96 hours. Baths, hot tubs,

swimming pool, or any form of soaking aren't recommended until all blistering and scabbing are completely healed, as they may increase the risk of infection

- Exercise is generally safe after treatment, taking into account the other after-care instructions provided here
- Wear a sun block with an SPF of 25 or higher over the area for 3 months following the treatment. Do not wear make-up, spray tan or any cream or medication on or near the treated area unless recommended for 48 hours post treatment.
- Itching is very common due to the dehydrating effect of the laser treatment. Use Aquaphor, vitamin E ointment, or Bepanthen to the treatment area
- If the area looks infected (honey coloured crusting and oozing or spreading redness), if you experience an unusual discomfort or bleeding, if any other complications develop, or if you have any questions or concerns, contact us immediately
- Adverse tissue reactions are common, and are to be expected. If you do have any extreme reaction please contact us and send some pictures to [info@dundrumclinic.com](mailto:info@dundrumclinic.com).

If you have any queries regarding the above please don't hesitate to contact us on 012166778, any of our staff members would be happy to help.