



Pre/PostTreatment Advice for Tattoo and Permanent Makeup Removal

Pre-Treatment Instructions

- Avoid sun exposure including sunless tanning for 3-4 weeks prior, tanning beds for 4 weeks prior, and 2 weeks after the treatment.
- A cold compress can be applied for 10-15 minutes prior to the treatment.
- Avoid pain medication such as Motrin, Aleve and aspirin 3 to 7 days prior to the treatment.

Post-Treatment Instructions

On completion of a tattoo removal treatment, patients may experience minor discomfort and redness. This discomfort will subside quickly however, the redness will last for 24 - 48 hours. Once the redness is gone the treated area will look similar to the way it did prior to treatment. Pin point bleeding may also occur

Wound Care

- Gently clean the treated area with mild soap and water.
- Pat dry and apply a thin layer of vaseline or antibiotic ointment (ex: Aquaphor or Polysporin) 2-3 times daily the first week after treatment.
- Cover with a non-stick sterile bandage for the first 1-2 days or until the area is no longer weeping.
- Do not pick, scratch, or pop blisters or scabs—this can cause scarring or infection.
- To help with pain management you may ice the area for no more than 15 minutes at a time, and use over-the-counter pain medication.

Avoid

- Avoid hot tubs, swimming pools, saunas, or baths for at least 7-10 days.
- Avoid direct sunlight on the treated area. Use SPF 30 or higher after healing.
- Do not apply makeup, lotions, or perfumes to the treated area until the skin has fully healed.

Healing Process

The body will absorb the ink that has been broken up and the area should be retreated every 4 - 8 weeks, or until the area has healed appropriately. Fading will occur gradually and continue over the next few weeks. Multiple treatments may be required to achieve the desired result.