

LASER TATTOO REMOVAL

POST-TREATMENT INSTRUCTIONS



Adverse Reactions are already a risk. Your conduct in the first 24 hours after treatment (and even as long as 2 weeks after) greatly affects whether you suffer that reaction.

The first 24 hours after treatment:

No Sun: Treatment site CANNOT HAVE SUN EXPOSURE or self-tanning lotion. As explained by the "Contract for Laser Services", direct sunlight is NOT BLOCKED by sunscreen. It only reduces sunlight, which still increases risk of adverse reactions.

Ice Compress: As discomfort requires, apply an ice compress to the treatment site, 5 minutes on and 5 minutes off. Never apply directly to the skin.

Dress and Avoid Wetting Treatment Site: Keep the dressing clean and intact. If you must bathe or shower in the first 24 hours, keep the dressing DRY when you do so.

Elevate: Elevate the treatment site as often as possible. For example, if the site is on the hand/wrist, elevate the site above the level of the elbow. This is especially important for larger tattoos.

Rest: Avoid activity that (from either physical exertion or heat exposure) makes you sweaty. Even outdoors in the shade is bad. Stay in air-conditioned environments. Areas that are damp/sweaty and hot (such as under a dressing) promote bacteria.

Hydrate: Drink plenty of water, rather than just beverages made of water.

After the first 24 hours:

Blistering: Temporary, fluid-filled bumps (called "blisters") are nature's "Band Aid", are common after treatments. If the blister's fluid is clear, keep dressing over it until it pops on its own. If the blister's fluid becomes cloudy or yellow, contact Body Details.

Clean: Do not clean the site with a direct, strong stream of water, and instead GENTLY hand wash it with MILD soap and water, rinse thoroughly, and PAT DRY. When showering use lukewarm water. Do NOT submerge site in water (ocean, pool, bath) for at least 2 weeks after treatment.

Dress: Change the dressing daily for the next 7-12 days until the treatment site heals. First, wash your hands with soap and water, remove old dressing, clean the site if sweaty, apply a thick coat of Aquaphor Healing Ointment (or Vaseline) over entire site, cover loosely with a new, non-stick bandage, and secure bandage with medical tape. Tape CANNOT touch the site.

After treatment site heals: Apply a thin coat of Aquaphor daily for 10 more days, (dressing no longer required). Sunscreen SPF 30 must be worn always (meaning that it gets reapplied as it sweats or rubs off).

Results: Although the ink might initially brighten, after the skin heals ink will normally continue to lighten.