



POST TATTOO REMOVAL TREATMENT GUIDE

DAY OF TREATMENT

- Utilize cooling to help promote comfort
 - Cold compresses or cold air (e.g. from a Zimmer chiller or similar device) to cool the treatment area for 10-15 minutes (strongly recommended for Fitz III-VI)
 - **Do not apply ice directly to the treated skin (wrap in a cloth)**
 - Cooling sprays are often helpful (Hyacyn or Puracyn)
 - **Use products that are known to be hypoallergenic**
- If there is no option to cool, or the patient doesn't have time to cool, apply a thin layer of a hypoallergenic but occlusive product (Vaseline or CeraVe Healing Ointment)
 - Cover with a non-stick/non-adherent dressing, if needed
 - For 2-4+ days, reapply the occlusive product every 3-4 hours or as needed to keep the area protected
- If the discomfort is significant, Acetaminophen is the preferred OTC analgesic (try to avoid ibuprofen, aspirin, and NSAIDs for the first 48 hours)

APPROVED POST-TREATMENT PRODUCTS:

Use only approved post-treatment products

PLEASE CONTACT YOUR PROVIDER WITH ANY QUESTIONS/CONCERNS DURING YOUR RECOVERY PERIOD

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DAY AFTER TREATMENT

- Gently wash the treated area 1-2 times daily with a mild, fragrance-free cleanser with cool or lukewarm water (avoid hot water)
 - Pat the area dry – do not rub – with a clean, soft cloth or paper towel
 - Apply a thin layer of occlusive product (Vaseline or CeraVe Healing Ointment)
 - Apply Cortisone (over the counter strength) if significant itching or swelling occurs
 - Keep covered for 3-5 days if needed
- If blisters form, do not pick or pop any blisters, keep them clean and protected (with occlusive products or non-stick dressings)
 - If a blister ruptures spontaneously, gently clean the area, apply the occlusive product and cover with a non-stick dressing
 - Contact the provider/clinic if the blisters are larger than ½ inch, the fluid in the blister appears cloudy or yellow, discomfort increases, or there are any signs/symptoms of infection (redness, increased drainage, or odor)
- For 24-48 hours, avoid activities such as intense workouts and hot yoga, and avoid hot tubs and saunas as well
- **Avoid sun exposure for 2+ weeks**
 - Wear mineral based (zinc oxide/titanium dioxide) SPF of 30+ (50+ for darker skin types) any time sun exposure is possible or unavoidable
 - Physical protection via UPF rated clothing is more reliable than sunscreen for prolonged outdoor exposure
 - Sun exposure on recently lasered skin is a significant cause of permanent PIH
- Treatments may be repeated as often as every 4 weeks or as suggested by your provider

PROVIDER NAME:

CONTACT INFO:
