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Recovery Instructions

TATTOO REMOVAL

The tattoo removal laser treatment may create a superficial burn wound. Some patients may experience bruising or swelling. There is immediate whitening of the treated area, which usually lasts for several minutes. Many clients then develop blisters, crusts, or scabs within 8-72 hours, which may last for 1-2 weeks or more. 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 can occur and is temporary except in very rare cases. Healing is usually complete within 4 weeks, although this may vary.

1. Keep the bandage placed by your provider in place for 24 hours. After 24 hours clean the area gently with soap and water and then pat the area dry. Apply a thin coating of the ointment up to three times a day while the area is healing, and you should keep the area covered with a sterile dressing.
2. Blistering is common and is likely to occur within 8 hours after your treatment. Do not be alarmed as blisters heal very well and are part of the normal healing process. Blisters indicate your body's immune system is healing the area and beginning to remove the ink from your tattoo. It is natural for blisters to pop, and please continue to cover with a sterile bandage until blisters have healed. Continue to put Elta ointment over the blisters once they have popped for at least 24 hours.
3. You may apply cool compresses as necessary for 24 hours after the laser treatment to help reduce discomfort and inflammation. You may take Tylenol Extra Strength 500 mg or Ibuprofen as needed for discomfort.
4. Do not pick at the scab, as this may result in infection and scarring. Shaving should be avoided in the treated area until it is completely healed.
5. Baths, hot tubs, swimming pool, or any form of soaking are not recommended until all blistering and scabbing are completely healed as they may increase the risk of infection.
6. Exercise is generally safe after treatment, taking into account the other after care instructions provided here.

7. Wear a sun block with an SPF of 30 or higher over the area following the treatment. For ultimate protection we recommend using EltaMD Broad-Spectrum SPF 46 or SkinMedica Essential Defense SPF 35. Do not wear makeup or any cream or medication on or near the treated area unless recommended by our office for 48 hours.
8. Itching is very common due to the dehydrating effect of the laser treatment. Once the wound is completely healed you may apply OTC Hydrocortisone Cream (ie: Cortizone 10) or take OTC Zyrtec to help with the itching. If the itching persists, contact your provider for further recommendations.
9. If the area looks infected (honey colored 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 the office immediately.
10. Of course, if you have any extreme reaction, call 911 and go to the emergency department.

For questions or concerns, please do not hesitate to call, (615) 921-2100. We are open Monday-Thursday 9:00AM – 5:00PM & Friday 8:00AM – 1:00PM.