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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 treated area clean and dry while it is healing. Clean the area gently with soap and water and then pat the area dry. You may apply a thin coating of ointment up to three times a day for 3 days while the area is healing and you should keep the area covered with a sterile dressing for the first 24 hours.
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 plain Tylenol, but avoid aspirin (it can increase the risk of bruising and/or bleeding.)
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. Feel free to shower 2 hours after the treatment, but take care to avoid high pressure water hitting the treated area. 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 25 or higher over the area for 1 month following the treatment. For ultimate protection we recommend using EltaMD Broad-Spectrum SPF 46. 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. It is best to use Cicalfate Restorative Skin Cream or Elta ointment as prescribed by your provider, but may be substituted with use of Aquaphor.

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.

## **Eliminación de la cola quirúrgica**

Tres semanas después de la cirugía, usted recibirá instrucciones para iniciar el proceso de quitar pegamento quirúrgico. Recomendamos las siguientes instrucciones:

- Aplique una capa generosa de vaselina en las incisiones donde existe pegamento quirúrgico.
- Permita que la vaselina durante 30-45 minutos. Esto disuelve el pegamento.
- Usando una toallita tibia y jabonosa, lave suavemente la vaselina y la cola quirúrgica lejos.
- Puede hacerlo en la ducha.
- Un suave frotamiento puede ser necesario, pero evitar lavado vigoroso
- Este proceso puede repetirse diariamente hasta que se retira de la cola quirúrgica

## **Sistema de refinamiento de cicatriz Silagen**

Después de retirar el pegamento quirúrgico, puede iniciar el tratamiento de la cicatriz postquirúrgica. Recomendamos el uso del sistema de refinamiento de cicatriz. Se trata de gel de silicona para cicatrices. Para mejores resultados, utilice como se indica:

- Asegúrese de área esté limpia y seca, así como libre de cremas, lociones, ungüentos y polvos.
- Aplicar una muy pequeña cantidad de gel para la cicatriz y masaje suavemente en un movimiento circular.
- Deje que se seque.
- Una vez seco, cosméticos o prendas de compresión se pueden utilizar sobre la cicatriz.
- Aplicar dos veces diarias durante 8-12 semanas para obtener resultados óptimos.
- Si usted es propenso a formar cicatrices excesivas (hipertrófica o queloide), continuar el tratamiento hasta por seis meses.
- No utilice gel hojas de silicona, tiras o formas. Que no se peguen.

Nota: El producto de gel cicatricial suministrado contiene protector solar. Después de completar el uso del gel cicatricial, recomendamos proteger cualquier incisión que pueda estar expuesta a la luz solar con un protector solar mineral que contenga óxido de zinc. Si usted necesita más product, por favor llame a nuestra oficina. Podemos enviar productos por correo.”

Si usted necesita más, por favor llame. Lo enviamos a usted.

Para preguntas o inquietudes, no dude en llamar, (615) 921-2100.

Estamos abiertos de lunes a jueves 9:00 – 17:00. Urgentes preguntas médicas después de horas o los fines de semana, llame al mismo número. El servicio de contestadora digital paginará el Dr. Wendel.