

## Tattoo Removal – Aftercare Instructions

### What to Expect After Treatment

- The treated tattoo may appear white or frosted immediately after the procedure—this is normal and temporary.
- Redness, swelling, and tenderness are common and typically subside within a few days.
- Blistering, scabbing, or crusting may occur during healing—this is part of the natural response.
- Minor bleeding during or after treatment is possible, particularly with dense or dark inks.
- Multiple sessions are required for fading or full removal, especially for colours like blue, green, or yellow, which can be more resistant.

---

### Recommended Aftercare

- Gently clean the area with lukewarm water and mild, fragrance-free soap. Pat dry with a clean towel.
  - Apply a sterile, non-stick dressing or recommended ointment as directed by your practitioner.
  - Keep the area dry and protected from friction, dirt, and bacteria.
  - Wear loose clothing over the treated area to avoid irritation.
  - Use a broad-spectrum SPF 30+ on the area once fully healed to prevent pigmentation changes.
-

### ✔ DO's

- ✔ Follow your practitioner's instructions carefully.
  - ✔ Gently clean the area and keep it dry.
  - ✔ Apply a clean, breathable dressing if needed.
  - ✔ Use cold compresses to reduce swelling and discomfort.
  - ✔ Stay well-hydrated and support your skin with good nutrition.
  - ✔ Wait until the skin is fully healed before applying SPF to protect against pigmentation.
- 

### ✘ DON'Ts

- ✘ Do not pick, scratch, or pop any blisters or scabs—this increases the risk of scarring and infection.
  - ✘ Avoid sun exposure on the treated area until fully healed.
  - ✘ Do not submerge the area in water—avoid baths, hot tubs, pools, or swimming for at least 48 hours.
  - ✘ Refrain from heavy exercise or anything that causes excessive sweating for 24–48 hours post-treatment.
  - ✘ Do not apply fake tan, makeup, or fragranced products until the skin has healed.
  - ✘ Avoid tight clothing that may rub against or irritate the treated area.
- 

### Important Notes

If you notice any signs of infection (increased redness, pus, or unusual discomfort), prolonged blistering, or any unexpected reaction, contact your clinic immediately.