

Laser Tattoo Removal: Before & Aftercare Instructions

Before Your Treatment

WHAT TO DO:

- Avoid sun exposure and tanning (natural or artificial) for at least 2 weeks before your appointment.
- Shave the area if needed the day before treatment.
- Stay hydrated to support your body's natural ink-flushing process.
- Moisturize regularly in the days leading up to treatment, but avoid applying lotion on the day of your session.
- Eat beforehand to avoid lightheadedness during treatment.

WHAT TO AVOID:

- No fake tans or bronzers on the area to be treated.
- Avoid aspirin or blood thinners (unless prescribed-consult your doctor) 24-48 hours prior.
- Do not drink alcohol within 24 hours before your session.
- Avoid retinol, glycolic acid, or other actives on the area for 3-5 days before treatment.

After Your Treatment

FIRST 24-48 HOURS:

- Keep the area clean and dry.
- Do not expose the treated area to the sun.
- Use a cold compress to reduce discomfort or swelling (never apply ice directly).
- Apply pure Aloe Vera gel 2-3 times a day to soothe and heal the skin.
- Cover with a sterile, non-stick dressing if necessary.
- Wear loose clothing to avoid friction or irritation.

NEXT 7-14 DAYS:

- Clean gently with mild soap and pat dry.
- Continue using Aloe Vera gel daily until the area is fully healed.
- Avoid sun exposure, and if the area must be exposed, use a broad-spectrum SPF 50+ or zinc-based sunscreen.
- Let any scabs, flakes, or blisters heal naturally-do not pick.

WHAT TO AVOID:

- Swimming, hot tubs, or saunas until healing is complete.
- Excessive sweating or friction on the treated area.
- Makeup, scented products, or active skincare until the skin is healed.

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What to Expect

- Temporary redness, swelling, and tenderness are normal.
- Blistering or scabbing may occur as part of the healing process.
- Tattoo fading occurs gradually over the following weeks.
- Multiple sessions are usually needed for complete removal.

Questions or Concerns?

Please email us at contact@beyondtattooremoval.com.au if you have any questions or notice signs of infection (e.g. pus, spreading redness, or fever).