



## BAY AREA COSMETIC DERMATOLOGY

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### POST CARE FOR TATTOO REMOVAL

#### WHAT TO EXPECT

All tattoos require multiple treatments to achieve maximal clearing and are usually scheduled every 6-8 weeks, which gives the treated area adequate time to heal. Most tattoos will require between 8-20 treatments.

Immediately following treatment, the treated area will be red and swollen. A small amount of bleeding, blistering and oozing is to be expected. This normally heals within 10-14 days. The area will begin to appear blurry and start to fade over the next 3 months.

If you are currently taking blood thinners, you may experience more bruising. If approved by your doctor, please stop one week in advance of treatment.

#### HOW TO CARE FOR SKIN AFTER TREATMENT

- You may experience some discomfort after the treatment including a stinging sensation for 1-2 hours. You may take Tylenol for pain relief.
- Apply ice compresses to the treated areas as often as possible for the first 24 hours. Constant cooling of the treated area has shown to be effective in minimizing blistering. Ice compresses may be continued thereafter if you find they offer pain relief.
- Care instructions after treatment:
  - Gently wash the treated area daily with soap and water (DO NOT rub as this may disrupt the crusting/scabbing process)
  - Pat dry and apply either Aquaphor, [SkinFix](#), or BACD Antibacterial Wound Ointment to the site. Follow with a large bandage to protect the tattoo and help keep the area moist.
- Over the next several days blisters may form followed by a scab or thin crust. Any scabs or crusting should be allowed to fall off on their own over the next 10-14 days. The underlying skin will remain red for a few days to several weeks after the treatment.

**TO MINIMIZE COMPLICATIONS DO NOT PICK OR REMOVE DEAD SKIN OR SCABS.**

#### WHAT TO AVOID IF APPLICABLE

- Carefully protect the treated area from the sun for the first 2 weeks following the laser treatment. Apply a [sunscreen](#) (SPF 30+) for at least 6 weeks after treatment.
- Avoid swimming, hot tubs, and contact sports while crusts are present.
- Do not apply make-up to the treated area until it is completely dry and healed. This usually takes at least 7-10 days.

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*If your provider has given you instructions deviating from the general recommendations in this document, please follow your provider's personalized instructions.*

**Questions or concerns?** Please securely send a direct message to your provider through BACD's online patient portal: [MyPatientVisit](#) or call the office 415-292-6350.