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Aftercare Instructions for Laser Tattoo Removal

Thank you for choosing our clinic for your tattoo removal treatment. Proper aftercare is essential to ensure optimal healing and results. Please follow these instructions carefully:

Immediately After Treatment

- Cool the Treated Area
- Apply a cold compress or ice pack (wrapped in a clean cloth) to the treated area to reduce swelling and discomfort. Do not apply ice directly to the skin.
- Protect the Skin
- A non-stick dressing or sterile bandage may be applied to protect the area. Avoid tight or abrasive clothing over the treated area.
- Avoid Touching or Scratching
- Do not pick, rub, or scratch the treated skin, as this can lead to scarring or infection.

Cleansing and Moisturizing

- Clean the Area Gently
- Wash the area with mild soap and cool water. Pat dry with a clean towel. Avoid scrubbing or using harsh cleansers.
- Apply Ointment
- Use a thin layer of antibiotic ointment (like Neosporin) or a soothing ointment (such as Aquaphor) on the area daily for the first 3-5 days to keep it moist and promote healing.

Avoid These Activities

- Sun Exposure
- Keep the treated area out of direct sunlight for at least 2 weeks. Use a high-SPF sunscreen (SPF 50 or higher) once the skin has healed.
- Swimming and Hot Tubs
- Avoid swimming pools, hot tubs, and saunas for at least 7 days to reduce the risk of infection.
- Intense Physical Activity
- Avoid strenuous exercise and activities that may cause excessive sweating for the first 48 hours.
- Exfoliation
- Do not use exfoliating products or treatments on the area until it is fully healed.

Healing Process

- Blisters: Blisters may form 24-48 hours after treatment. This is normal and part of the healing process. Do not pop or pick at them. Apply a sterile bandage if needed.

- Scabbing: Scabs may form as the area heals. Let them fall off naturally to avoid scarring.
- Skin Color Changes: Temporary redness, darkening, or lightening of the skin may occur. These changes typically resolve over time.

Pain Management

- You may take over-the-counter pain relief, such as acetaminophen or ibuprofen, to manage discomfort if needed. Avoid aspirin, as it may increase the risk of bruising.

Follow-Up Treatments

- Laser tattoo removal is a gradual process requiring multiple sessions. Schedule your next session based on your provider's recommendation (typically 4-6 weeks apart).

When to Contact Us:

Seek medical advice if you experience any of the following:

- Severe pain or swelling.
- Signs of infection, such as increased redness, warmth, pus, or fever.
- Unusual skin reactions or concerns.

If you have any questions or concerns, please do not hesitate to contact our office. We are here to support you throughout your treatment journey.

contact@flexmyhealth.com

Text: 762-239-4959