



POST CARE INSTRUCTIONS FOR TATTOO REMOVAL

Q-Switch Laser

1. The treated area will be iced for 10 minutes in-office post treatment. You may continue to ice at home (15 min on, 15 min off) for any persistent swelling or discomfort. Acetaminophen can be taken for pain as needed.
2. Immediately following the treatment, the area may look like it has a white "frosting," this will disappear over the next few hours. Some redness, warmth, mild swelling, and tenderness can be expected for the first few days. Some blistering is also possible.
3. Leave the waterproof bandage on the treated area for at least 3 days. If bandage falls off or loses its integrity before that time, it is ok to remove bandage and replace with a fresh one. Supplies can be found at most drug stores. (Aquaphor, Non-stick gauze, and Nexcare Tegaderm waterproof dressing).
4. For 72 hours post treatment, please avoid lakes, oceans, pools, and/or bathtubs. It is ok to shower, and you may shower with the bandage on as it is waterproof. You can also cover area with a plastic bag.
5. Once bandage is off after 3 days, clean the area gently with tepid water, pat dry, and apply a thin layer of Aquaphor to the treated area 2-3 times a day. Keep the area clean, and let any scab fall off on its own. Do not pick, scratch, exfoliate, or otherwise tamper with the area as it heals.
6. Strict sun avoidance must be adhered to, we recommend keeping the treated area covered when out in the sun for prolonged periods of time. SPF 50 may be applied to the area after 72 hours and as long as skin in the treated area is intact.
7. It will take 4-8 weeks for the body to absorb the ink particles, but every patient's healing time is different. The recommended time frame between treatments is 8 weeks. Please schedule accordingly.
8. Please contact the office with any questions or concerns that you may have.

