LASER TATTOO REMOVAL AFTERCARE

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The following aftercare advice is essential to help reduce the risk of treatment complications, to improve your comfort/healing and to help achieve the best possible results from treatment. Please follow the aftercare advice for laser tattoo removal.

The treated area of skin may feel slightly tender and appear red and swollen afterwards. You may occasionally experience skin blistering and appearances may be similar to mild sunburn. These effects will resolve naturally and should be much improved after 48 hours but may take longer to settle. You may experience some minor bruising which may take 1-2 weeks to resolve in some cases. If you are concerned at any stage about the healing process you must contact your practitioner.

Keep the area clean and dry for 48 hours after treatment.

You can apply a cold pack on the treated area to reduce pain, discomfort or irritation.

If you experience any discomfort you can use a simple over the counter pain killer such as paracetamol.

Your practitioner may advise you to wear a bandage over the treated area for the first 3 days.

You can apply aloe vera gel for 3 days after the treatment to sooth the skin.

Do wear loose clothes to avoid friction on the treated area for 48 hours.

Avoid any perfumes, fake tan or other harsh chemicals for 72 hours after treatment which can irritate the skin.

Avoid any makeup for 48 hours after treatment as this can increase the risk of infection.

Avoid rubbing, picking or scratching the treated area, especially if the area has crusted, scabbed or blistered because this may increase the risk of scarring.

Avoid shaving the treated area for 72 hours after treatment.

Avoid any skin exfoliation or hair removal such as waxing for 72 hours following treatment.

Avoid any products that contain alpha hydroxy acids, retinol, and glycolic acid for at least 7 days after treatment.

Avoid strenuous exercise, saunas, sunbeds and exposure to heat for 72 hours after treatment. These can cause sweating which can irritate the delicate skin and slow down your ability to heal quickly. Reduction of UV light exposure will also help reduce the risk of hyperpigmentation (darkening of the skin).

Avoid swimming for 72 hours after treatment.

Avoid any excess alcohol or caffeine for 48 hours after treatment.

Wear SPF 50 or greater sunscreen for at least 2 weeks following treatment as your skin will be more sensitive to sunlight afterwards.

You must seek medical attention and contact your practitioner if you experience any signs or symptoms of infection after treatment. Infection can present as hot, red shiny skin, there may be pus formation and you may have a fever or feel generally unwell.

You must contact your practitioner as soon as possible if you notice any other unwanted side effects.

Your practitioner will advise when further treatment appointments are required. If you are advised to attend a follow up appointment, please do make every effort to attend them. You should do this even if you believe that the recovery process is going well and you cannot see that there are any visible complications.

It is essential that you have read all of the information available. Once you have read and understood all of the below, please sign the declaration at the bottom of this form. Please do let your practitioner know if you have any questions or if you do not understand any of the aftercare instructions provided below.

- [ ] I confirm that I have read and understood all the information on this Form and that I have been given the opportunity to ask any questions that have come to mind throughout.

Signature