

Laser Tattoo Removal: Pre & Post Care Guide

About the Treatment

Laser Tattoo Removal works by using pulses of light energy to break down ink particles in the skin. Over time, your body naturally clears away these particles, causing the tattoo to fade gradually. Treatments are safe for all skin types and require minimal downtime, allowing you to resume normal activities shortly after your session. The tattoo will fade gradually over multiple sessions. The number of sessions depends on size, color, ink depth, and age of the tattoo.

Before Your Treatment

- Avoid direct sun exposure & tanning, spray tans and any other self-tanners on the area being treated for at least 2-4 weeks.
- Do not apply lotions, oils, or makeup on the area the day of your session.
- Shave the treatment area 24 hours before your appointment.
- Discuss allergies and medications: let your provider know if you're on antibiotics, Accutane, or other photosensitizing drugs. If you have a history of HSV-1 or HSV-2 in the area being treated, taking an antiviral 24–48 hours before and after your session can help prevent an outbreak.

What to Expect During Treatment

- The laser feels like quick, warm snaps on the skin. Treatments may feel slightly stronger during 1st treatment but often become more comfortable with subsequent treatments as the tattoo fades over time.
- Ice or numbing cream may be used for comfort. Numbing cream typically takes 30-45 minutes.
- Treatment time depends on the size of the area and whether a numbing cream is applied.

After Your Treatment

- Redness, swelling, blistering, or scabbing are normal and may last 1–2 weeks.
- Dressing should be changed once a day or after a shower in the first 3 days post treatment.
- Apply cold compresses and use ointments like Aquaphor, Vaseline or Hydrocortisone cream as directed to keep the area moisturized.
- Keep the treated area clean and dry, gently washing with mild soap and water.
- Avoid picking, scratching, or popping any blisters, as this can lead to scarring or changes in skin color.
- Avoid hot showers, saunas, and strenuous exercise for 24–48 hours.
- Avoid direct sun exposure for 2-4 weeks after treatment. Once healed, protect the area with SPF 30+ to prevent pigmentation changes.