

# Guidelines for tattoo removal laser procedure

## *Before the procedure:*

4 weeks before and during the procedure – avoid solarium and sunbathing. When exposed to intense sunlight, use a sunscreen with a high protection factor (SPF 30).

1 week before – stop using any medications containing glycolic acid and tretinoin.

72 hours before – avoid using any medications increasing sensitivity to light.

The area to be treated with laser may not have any blisters or show signs of skin diseases, acne or infections.

## *After the procedure:*

- ▶ Immediately after the procedure, apply a cold compress on the laser-treated area for 15 minutes. Repeat every 1–2 hours. There may be a heating sensation, swelling, redness and bruises in the laser-treated area. These should heal in 1–2 weeks. If the laser-treated area is constantly cooled, the feeling of discomfort may be gone in a day.
- ▶ We will provide you with sensitive skin soap for washing the laser-treated area. Avoid rubbing the skin and using hot water.
- ▶ Moisturise irritated skin that is free of blisters and scabs with Helosan cream. The skin can be covered with a bandage as well.
- ▶ If the laser-treated area is in the body region that rubs against the bra, for example, cover the wound until completely healed.
- ▶ Avoid activities that make you sweat until the swelling goes down.
- ▶ For 1 week after the procedure, avoid using body products that might irritate the laser-treated area.
- ▶ In case of any blistering, scabbing or strong irritation, the clinic should be contacted. Do not remove the scabs on your own.