

Pre + Post Care

Tattoo Removal

Pre-Treatment

- Avoid sun exposure on the area being treated for at least 2 weeks before your session. Use a broad-spectrum SPF 30+ sunscreen daily to protect the skin.
- Refrain from tanning and self-tanning products on the treatment area for at least 2 weeks prior to the procedure.
- Avoid blood-thinning agents like aspirin, ibuprofen, and certain supplements (vitamin E, fish oil) for at least 1 week before your session to minimize bruising.
- Do not apply makeup or lotion to the treatment area on the day of your appointment.
- Disclose any recent medical procedures or skin treatments to your provider, especially on or near the treatment area.

Post-Treatment

- Apply a cold compress to the treated area as needed to reduce swelling and soothe the skin.
- Avoid touching, scratching, or picking at the treated area to prevent irritation and risk of infection.
- Protect the area from sun exposure by covering it and applying SPF 30+ sunscreen daily for at least 2 weeks post-treatment.
- Refrain from using hot tubs, saunas, or intense exercise for 24-48 hours after treatment to avoid irritation.
- Use a gentle cleanser and avoid harsh exfoliants, retinoids, and scrubs on the treated area until it has fully healed.
- Expect mild redness, swelling, or blistering, which is normal and typically subsides within a few days. Contact your provider if symptoms persist.