



After Care Instructions- Tattoo Removal Project (TRP)

Following your laser tattoo removal treatment, it's normal for the treated area to feel like a **superficial burn**. Common side effects include **immediate whitening, redness, swelling, bruising, blistering, and scabbing**.

For best healing and optimal results, follow these aftercare instructions carefully:



When to Seek Medical Help

If you notice:

- **Honey-colored crusting pus or oozing**
- **Spreading redness**
- **Excessive pain or fever**

Please contact a medical professional or go to urgent care immediately, as these may be signs of infection or an adverse reaction.

Immediately After Treatment

- Keep the area clean, bandaged, and protected with a thin layer of antibiotic, healing ointment
- Avoid makeup or topical products near the treated area
- Use SPF 25+ sunscreen if the area is exposed to any sunlight
- Light exercise is safe, with no excessive sweating
- Wear loose-fitting and clean clothing



2 Hours After Treatment

- Blistering may occur. If blisters form and burst, apply a burn ointment (e.g., Aquaphor or silver sulfadiazine) and keep the area protected for at least 24 hours
 - You may shower after 2 hours, but:
 - Avoid **high water pressure** directly on the treated area
 - Do **not soak** the area until **all blisters and scabs have completely healed** (avoid baths, hot tubs, swimming, saunas, etc. for up to 72 hours)
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24 Hours After Treatment

- Keep the body hydrated with fluids, preferably water
 - Scabbing is normal. Do not pick at scabs—this can cause scarring
 - Keep the area hydrated with healing ointment or fragrance-free moisturizer
 - Avoid shaving, harsh scrubs, or scratching the area
 - Use **cool compresses** to reduce discomfort and swelling
 - **Tylenol (acetaminophen)** may be used for pain relief. **Avoid aspirin**, as it may increase bleeding and bruising
 - **Itching is common.** Use Aquaphor, Vitamin E ointment, or 1% hydrocortisone cream to relieve dryness and irritation
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2 Days After Treatment

- You may resume using makeup or creams near the treated area if no open wounds are present
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3 Days After Treatment

- Remove the bandage (if still in place)
 - Clean the area gently with mild soap and lukewarm water, then pat dry
 - Continue to keep the area moisturized and protected
 - Apply SPF 25+ sunscreen daily to the area for at least 3 months to prevent hyperpigmentation
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3 Months After Treatment

- Your skin should be fully healed by now
 - The American Academy of Dermatology recommends wearing sunscreen daily when outdoors
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Healing Timeline & Risks

Healing typically takes 6 to 8 weeks, depending on:

- Your overall health, age, immune system and ink material
 - The depth and type of tattoo ink
 - Adherence to pre- and post-treatment care
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Rare Side Effects

- Scarring (hypertrophic or keloid) – very uncommon
- Temporary changes in pigmentation (lighter or darker skin) usually resolve over time

Participant agrees to follow the After Care Instructions throughout the TRP process. Acknowledges risks involved and that participation is voluntary. By signing this form participant releases the TRP, Founders, Directors, Employees, Volunteers, and Representatives.

Participants Signature: _____

Print name & date: _____

Parent/Guardian Signature: _____

Print name & date: _____