

# AFTERCARE

## aftercare

### TATTOO REMOVAL

Following treatment it is very important to follow your aftercare instructions carefully, especially regarding the use of any medications or specific wound care. In order to minimise any risks and maximise your treatment outcomes. Treatments should be spaced 4-6 weeks apart.

#### **What should I do after my treatment?**

- Protect your tattoo as you would with any other minor burn in the days following treatment.
- Cold compresses and “over the counter” pain relief (e.g. Panadol and Nurofen) can be taken for minor discomfort during the first few days if required, but should be discussed with your practitioner at the time of your treatment.
- Most patients are able to resume work the same day, unless their occupation may heighten risk of infection or aggravate the treated area.
- Showering/bathing is not restricted, however showers must be tepid & not hot to avoid creating extra heat in the treated area.

The skin will normally heal over 7-12 days.

#### **The 24 hours following treatment:**

- Apply a cold pack for 5 minutes, every 1 hour (on for 5 minutes, off for 1 hour).  
NOTE: you do not need to get up at night to do this.
- Apply La Clinica post-laser gel (or alternative) twice daily.
- Rest, avoid sun exposure, excess physical activity/exercise, steam rooms, saunas or swimming (pedicure spas should also be avoided if treated area is the lower leg/foot).
- Elevate the treated area if swelling is present.
- Cover with a sterile non-stick dressing if required.

#### **After 24 hours and until healed:**

- Apply La Clinica post-laser gel (or alternative) twice daily for 10 days.
- All activities may be resumed after 48 hours except swimming, steam rooms and saunas. These can recommence once the wound has fully healed.
- Reintroduction of activities must be further delayed if you have any concerns about the health of the site that has been treated.
- Do not pop, scratch or pick any scabs or you may risk infections and scarring.
- Wear loose cotton and sun protective clothing.
- Direct sun exposure and tanning beds should be avoided for 6 weeks after treatment during the healing process. A sunscreen that is SPF 50 should be used to prevent sun damage to the treated area.

If you experience any complications such as blistering following your treatment, please contact the clinic so your practitioner can provide more detailed after care instructions. Patients with any concerns or delayed healing beyond 14 days should contact the clinic to schedule a review with their practitioner.

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