

Laser Tattoo Removal

Precare and Aftercare

Please read pre and aftercare instructions carefully.

Adhering to aftercare instructions is essential to maximise results and reduce the risk of post-treatment complications.

PRE CARE PRIOR TO YOUR TREATMENT

- Avoid exercise on the day of treatment
- Avoid applying any products on the treatment area
- Keep the treatment area clean and dry
- Keep the treatment area protected from UV light and self-tanning products for 4 weeks prior to treatment
- Use SPF 50 if the area is exposed to the sun
- If there is broken skin or inflammation in the treatment area, such as a rash, cut or injury, please contact us in advance as we may need to re-arrange your appointment until the skin is healed.

WHAT TO EXPECT FROM THE HEALING PROCESS

Immediately after laser tattoo removal, you may notice redness around the treated area and a sensation similar to sunburn.

For some, the skin may appear completely normal shortly after treatment, while others might experience dryness, scabbing, or even blisters. The healing response varies based on factors such as treatment intensity, ink saturation, and skin sensitivity.

It's important to keep a mental or photographic record of your healing process so your practitioner can adjust your next session accordingly.



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AFTERCARE

- Avoid excess heat
- Take tepid showers and avoid sweaty workouts for up to 72 hours post-treatment
- Avoid sources of intense heat, such as saunas, for 14 days
- For facial treatments, be cautious of intense heat from ovens or kettles
- Avoid UV exposure
- Schedule hot holidays at least 3 weeks before or after a laser tattoo removal session
- Avoid sun beds entirely for optimal healing
- If the treatment area is not covered by clothing, apply SPF 50 for added protection, even during the Winter
- Keep the treatment area clean and dry
- If scabbing occurs:
 - Do not rub or scratch scabs
 - Allow scabs to fall off naturally over time
 - Forcibly removing a scab can cause scarring
- If blistering occurs:
 - Keep a record of the severity and duration of healing
 - Keep them clean and dry
 - Do not pop blisters unless instructed by a doctor
- If a blister does pop, apply anti-septic cream and keep the area dressed to avoid contact with clothing and potential contaminants. Change dressings frequently
- Make-up can be applied to the treatment area after 24 hours, providing the skin is fully in-tact

ADVERSE REACTIONS

While scabs and blisters are not necessarily a cause for concern, they do increase the risk of an infection, which is why it's imperative to keep the area clean.

If you have severe prolonged pain, weeping from the area or a fever, this may mean an infection. If an infection does occur, you should consult your doctor to obtain oral antibiotics.

Please contact us if an adverse reaction occurs.



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