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POST CARE for Laser Tattoo Removal

To prevent any complications, strict adherence to the following protocol is required.

- Do not let the area dry out or scab. This is especially important during the first 48 hours. If any blisters occur, please do not pop them. Keep the area moist with cream or ointment (Aquaphor), and avoid getting wet.
- Cold Compress: Immediately following treatment, apply a cold compress to the treated area and continue for up to 48 hours. Apply 15 minutes on, 15 minutes off, or as often as you can.
- Hydrocortisone Cream: After treatment, apply 1% Hydrocortisone to take inflammation down. Continue with Hydrocortisone as directed until the wound has healed. 1% Hydrocortisone can be purchased over the counter.
- Bacitracin should be applied if directed by the Technician, or if blisters should occur after treatment, to prevent infection. Continue as directed until the treatment area is healed. If the skin is broken or a blister(s) appears, DO NOT intentionally pop it; leave it and have nature take its own course. It will take a few days before the blister(s) eventually ruptures. Keep the area moist and avoid getting wet. Clear or pink drainage after the blister(s) pops is normal. Neosporin can be purchased over the counter.
- Hydroquinone Cream: To be used prior to treatment or immediately after blister(s) has healed. This is recommended to patients who have a history of, or potentially prone to, hyperpigmentation or hypopigmentation.
- For tattoos located on the ankle area and feet, it is imperative not to stand or walk too long. Legs need to be elevated for at least 48 to 72 hours, or until any swelling has subsided. Failure to do so will increase the probability of developing blisters and infection. Even with the most care during and after laser treatment, there is still a risk of developing blisters.
- You may take anti-inflammatory medicine as directed (e.g. Motrin, Aspirin, Advil – all available over the counter) 15 minutes after meals. DO NOT TAKE anti-inflammatory medicine if you have a history of stomach ulcers or upset stomach after taking them.
- No hot tubs or saunas for 24-48 hours after treatment. You may shower the following day but try to avoid water logging of the area. Do not scrub the area until it is completely healed.
- Minimize any vigorous activity for a few days to optimize healing after your laser tattoo removal treatment.
- Avoid sun exposure as much as possible. If in the sun, keep area protected. Sunblock can be put on when skin is no longer irritated. A minimum SPF 40 or greater (UVA/UVB block) should be used for any sun exposure during your treatments prior to going outside.
- Call our office (408) 985-2900, if you have any questions or concerns.