

LASER TATTOO REMOVAL / THE FIRST STEPS

Care after laser.

Protect the treated skin while it recovers. Follow the individual dressing and product plan given by your laser practitioner.

01 Cool and comfort

For discomfort or swelling, use a cool compress or a cold pack wrapped in a clean cloth for short periods. Never apply ice directly to skin. If an arm or leg is swollen, rest it raised where practical. Do not rub the treated area.

02 Keep it gently clean

Wash and dry your hands before touching the area. Follow your practitioner's instructions for when to remove or change any dressing. Clean gently with water and pat dry; do not scrub. Avoid soap, exfoliants and perfumed products on the area for the first 48 hours. Use lukewarm showers and avoid strong jets on treated skin.

03 Use the agreed products

Use only the product and amount recommended for your skin and stage of healing. Do not start antibiotic cream unless prescribed by a clinician. Keep make-up and fragranced products off the treated area until healed. Leave shaving until the skin has recovered.

04 Protect blisters and scabs

Do not burst blisters, peel their skin, or pick scabs. Contact the studio for advice if blistering develops. If a blister opens, wash your hands, gently clean the area and cover with a sterile non-stick dressing. Seek medical advice for large or very painful blisters.

YOUR TREATMENT PLAN

Dressing / removal time: _____

Recommended product: _____

RECOVERY / PROTECTION / SUPPORT

Give skin time.

Recovery varies with the tattoo, treatment and your skin. Let the area heal fully and attend the review your practitioner recommends.

AVOID HEAT & FRICTION

Wear loose, comfortable clothing. Avoid strenuous exercise for the first 48 hours and longer if the area remains sore or irritated. Keep rough fabrics away from the skin.

AVOID SOAKING

Do not swim, use hot tubs or saunas, or take long soaking baths until the skin is healed and scabs have fallen away naturally. Avoid scratching and rubbing.

What can be expected

A brief white or frosted appearance can occur straight after treatment. Redness, tenderness and swelling may follow, particularly over the first 24-48 hours. Blistering or crusting can develop; healing may take around two weeks or longer. Symptoms should improve rather than steadily worsen.

Protect against the sun

Keep healing skin out of direct sun using loose clothing. Once the skin has closed and can tolerate sunscreen, use high-factor broad-spectrum SPF 50, reapplying as directed. Continue sun protection between sessions and for at least six months after the final treatment. Avoid sunbeds and tanning; tell us about any tan before your next appointment.

When to get medical help

Seek an urgent GP appointment or NHS 111 advice for spreading redness, increasing heat, swelling or pain, pus, fever, chills or feeling unwell. Changes in redness may be harder to see on darker skin. Do not wait for the studio to reply if infection is suspected. Call 999 for difficulty breathing or swelling of the lips, tongue or throat.

Questions or concerns?

Call 01539 722900 about healing, blistering, skin-colour changes or your next session. Ask a pharmacist about suitable pain relief if needed. Do not stop prescribed aspirin, blood thinners or other medicines without advice from your prescriber.

Guidance checked 20 October 2026. References: Sandwell & West Birmingham NHS: Laser Tattoo Removal (2024); Salisbury NHS: Laser clinic FAQs; NHS: Blisters. Dressing and product choices depend on treatment and skin condition.