

Tattoo Removal Aftercare Instructions

Thank you for choosing us for your tattoo removal treatment. Proper aftercare is essential to ensure safe healing and the best possible results. Please follow these instructions carefully:

What to Expect:

- Blistering, scabbing, and peeling are common. Allow the skin to heal naturally.
- Itching is normal as the area heals. Do not scratch or pick at scabs.
- Fading of the tattoo occurs gradually over the weeks following treatment.

Immediately After Treatment:

- The treated area may appear red, swollen, and have a white or frosted appearance. This is normal and will subside within a few hours.
- You may experience blistering, scabbing, or slight bleeding. Do not pick, pop, or scratch at the area.

First 24 Hours:

- Keep the area clean and dry. Gently wash with mild soap and water, then pat dry.
- Apply an antibiotic ointment or recommended healing cream and cover with a sterile, non-stick bandage.
- Avoid excessive movement or friction on the treated area.

Ongoing Care (Days 2-14):

- Continue applying an antibiotic ointment or recommended healing cream twice daily until the area is fully healed.
- Wear loose, breathable clothing over the treated area to avoid irritation.
- Avoid sun exposure. If the area is exposed, use a broad-spectrum SPF 30+ sunscreen once fully healed.
- Do not submerge the area in water (no baths, pools, hot tubs, or saunas) until healed.
- Avoid excessive sweating from exercise that could irritate the area.
- Do not shave over the treated area until fully healed.

When to Contact Us:

• Signs of infection (increased redness, swelling, warmth, pus, or foul odor).

Shim Ching, MD | Asia Pacific Plastic Surgery & MedSpa

1330 Ala Moana Blvd., 4th Floor, Honolulu, HI 96814 Phone: (808) 585-8855



- Severe pain, prolonged bleeding, or unusual reaction.
- If you have any concerns about the healing process.

Additional Tips:

- Stay hydrated and maintain a healthy diet to support skin healing.
- Avoid smoking and alcohol, as they can slow the healing process.
- Follow up as recommended for the best results.

If you have any questions or experience any unusual symptoms, please contact us at 808.585.8855. Thank you for trusting us with your care!