

Laser tattoo removal

Clean. Protect. Give your skin time to heal.

Your personal instructions come first. Follow the dressing, cleansing and ointment plan given by your treating clinician. If it differs from this guide—or you were not given a plan—call BodyPoint before changing your care.

What you may notice

Redness, mild swelling, warmth and tenderness can occur after treatment. Some people develop blisters, peeling or crusting. Healing varies by the area and treatment. Symptoms should generally improve, not become progressively more painful or spread. See page 2 for warning signs. [1, 2]

Immediately after treatment

Keep the dressing in place for the time your clinician recommends. Rest the treated skin and avoid rubbing or tight clothing. For comfort, use a cool compress or a cold pack wrapped in a clean cloth for short periods; never put ice directly on the skin. Do not rub or press on blisters.

Daily care while the skin heals

1. **Clean gently when your dressing plan allows.** Wash your hands first. Gently wash the area with water and a mild, fragrance-free cleanser—usually twice daily unless instructed otherwise. Do not scrub. Pat dry with a clean, soft towel. [1]
2. **Use only the recommended ointment.** If your clinician approves it, a thin layer of plain petroleum jelly can help keep the skin moist. Use a clean applicator. Do not start antibiotic creams, steroid creams, numbing products or other treatments unless advised. [1]
3. **Protect with the right dressing.** Use the clean, non-stick dressing recommended by your clinician until the skin has healed. Follow the given change schedule and replace it if wet or dirty. If a dressing sticks, do not pull it off—ask the clinic how to remove it safely.
4. **Leave blisters and crusts alone.** Do not pop, scratch, pick or peel. If a blister breaks, gently cover it with a clean, non-stick dressing and contact BodyPoint for wound-care instructions. Call about large or painful blisters. [1, 2]

Avoid irritation and soaking

Avoid hot baths, hot showers, saunas, steam rooms, strenuous exercise and heavy sweating while the area is sensitive or healing. Wear loose clothing. Avoid shaving, makeup, fragrance, exfoliants, retinoids and acids on the area until your clinician clears them. [2]

Do not swim or soak in pools, lakes or hot tubs until the skin is fully closed and healed and your clinician says it is safe. Brief, gentle washing or a lukewarm shower should follow your dressing instructions—not replace them.

Protect your progress.

Sun protection, warning signs and your personal plan.

Sun protection matters

Keep the treated area out of direct sun. Cover it with clothing that blocks light, and avoid tanning beds and sunbathing throughout your treatment course and for at least **3 months after treatment**, or longer if instructed. [1]

Once the skin has fully healed, use **broad-spectrum SPF 30 or higher** on exposed treated skin. Reapply according to the product instructions. Do not apply sunscreen to open or blistered skin; use protective clothing instead. [1]

When to get help

Call BodyPoint promptly: (801) 316-1324

Call the same day for increasing or spreading redness, warmth, worsening pain or swelling, pus or foul-smelling drainage, fever, or large/painful blisters. Also call if the area is not healing as expected or you are unsure about the dressing. Increasing redness, pain and pus can signal infection. [1, 2]

If the clinic is closed or you cannot reach us, seek same-day medical care for these symptoms. Do not wait for your next appointment. BodyPoint is not a 24-hour emergency service.

Call 911 for an emergency: trouble breathing, swelling of the face or tongue, collapse, or other severe, rapidly worsening symptoms.

Between sessions

Fading happens gradually as your body clears fragmented ink. The immediate appearance is not the final result. Keep follow-up appointments, and wait for your clinician's clearance before another session. Healing time and the number of treatments are individual; complete removal is not guaranteed.

Tell us about new medicines, illness, sun exposure, skin changes or a new pregnancy before your next visit. Ask which pain-relief options are suitable for you if needed. Do not stop prescribed medicines without advice.

Your clinician-specific plan

Treatment date / area: _____

Dressing removal / change instructions: _____

Ointment and cleansing plan: _____

Return to exercise / swimming: _____

Follow-up date: _____

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Monday–Thursday 9 AM–5 PM · Friday 9 AM–1 PM · Closed weekends

General patient education; not a substitute for your clinician's instructions or assessment. Prepared October 20, 2026.

Sources: [1] American Academy of Dermatology: tattoo-removal recovery AAD patient guidance. [2] Leeds Teaching Hospitals: laser aftercare, reviewed 2025.