



LASER TATTOO REMOVAL — AFTERCARE INSTRUCTIONS

# THANK YOU FOR CHOOSING US.

We hope you had an incredible experience. Please follow these instructions carefully to ensure your treatment heals quickly, safely, and with the best possible results.

## WHAT TO EXPECT

- Skin that feels like a **mix of sunburn and a fresh tattoo** — this is a superficial burn wound and is completely normal
- **"Frosting"** — a white, bubbly appearance at the treatment site immediately after. This lasts a few minutes and is expected
- **Blisters, crusted skin, and scabbing** within 72 hours. Blisters may contain strangely coloured fluid — do not pop them
- **Pink or pale skin** once the scab separates — this is normal new skin and will settle
- **Bruising, swelling, pain, and itching** throughout the healing period
- **Temporary loss of pigment** in the treated area — more common in deeper skin tones and usually temporary
- In rare cases: **scarring or hypertrophic/keloid formation**. Disclose any history of abnormal scarring before treatment

**WEAR SPF 30+ SUNSCREEN ON THE TREATED AREA FOR A MINIMUM OF 3 MONTHS**  
 SUN EXPOSURE AFTER LASER TREATMENT SIGNIFICANTLY INCREASES RISK OF HYPERPIGMENTATION AND POOR HEALING OUTCOMES

### ✓ WHAT TO DO

- Keep the treated area **clean and dry**
- Leave the bandage on for **at least 24 hours, up to 3 days** — as long as the seal is 100% intact. If the seal breaks, **remove it immediately**
- Remove the bandage in a **hot shower** — heat and steam loosen the wrap
- Wash gently with [Mad Rabbit New Tattoo Wash](#) and water. Dry with paper towel or air dry
- Always **wash your hands** before touching the treatment area
- Apply moisturizer after 24 hours or when the area looks dry and tight — **1-2 times daily maximum**. Use [Mad Rabbit Tattoo Lotion](#), [Soothing Gel](#), or [Tattoo Balm](#)
- If itchy, **lightly slap the area** — never scratch or pick
- If pimples appear, **reduce moisturizer** and switch to a non-oil-based product
- Apply **cold compresses** (up to 10 minutes) for inflammation and pain. Tylenol is fine
- Wear **loose, soft clothing** over the area. Keep bedding clean
- Stay healthy — **the healthier you are, the faster you heal**
- You **can** shower with the wrap on as long as the seal is fully intact

### ✗ WHAT TO AVOID

- **Never lance or pop blisters** — this increases infection risk and slows healing significantly
- **No soaking or submerging** the wound: avoid baths, long showers, saunas, hot tubs, pools, and natural bodies of water until all scabs are fully gone
- **No sun or UV tanning** for at least 10 days post-treatment
- **Never apply:** Vaseline, coconut/almond/natural oils, essential oils, scented moisturizers, goats milk, Dettol, Betadine, hydrogen peroxide, baby oil, sea salt, or Epsom salts
- **No anti-aging creams** on the treated area for 30 days
- **No perfumes or makeup** on the wound until fully healed
- **No blood thinners** including Aspirin during healing
- Avoid **smoking and alcohol** for a few days post-treatment
- Avoid **excessive sweating** for at least 3 days
- Do not allow **jewelry or clothing to rub** against the area until healed
- Do not over-moisturize or over-clean

### CONTACT A DOCTOR IMMEDIATELY IF YOU EXPERIENCE:

**Fever** · The treatment area becomes **hot to the touch** · **Spider-web-like veins** spreading from the treatment site · **Shortness of breath** · **Dizziness** · **Blurred vision**

These may be signs of infection or a serious reaction. Do not wait — seek medical attention right away and contact House of GRIM so we can document the incident.

### WE RECOMMEND

**MAD RABBIT — AVAILABLE AT BODYALTAR.CA**

**Days 1-10 (pick one):**

[Mad Rabbit Tattoo Lotion](#) · [Soothing Gel](#) · [Tattoo Balm](#)  
+ [Mad Rabbit New Tattoo Wash](#)

**Days 10+:** [Mad Rabbit Tattoo Lotion](#)

**Always:** [Mad Rabbit SPF 30 Tattoo Sunscreen](#) — on the treated area for a minimum of 3 months

## HOUSE OF GRIM

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Any questions, concerns, or issues — contact us. We want to know.

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