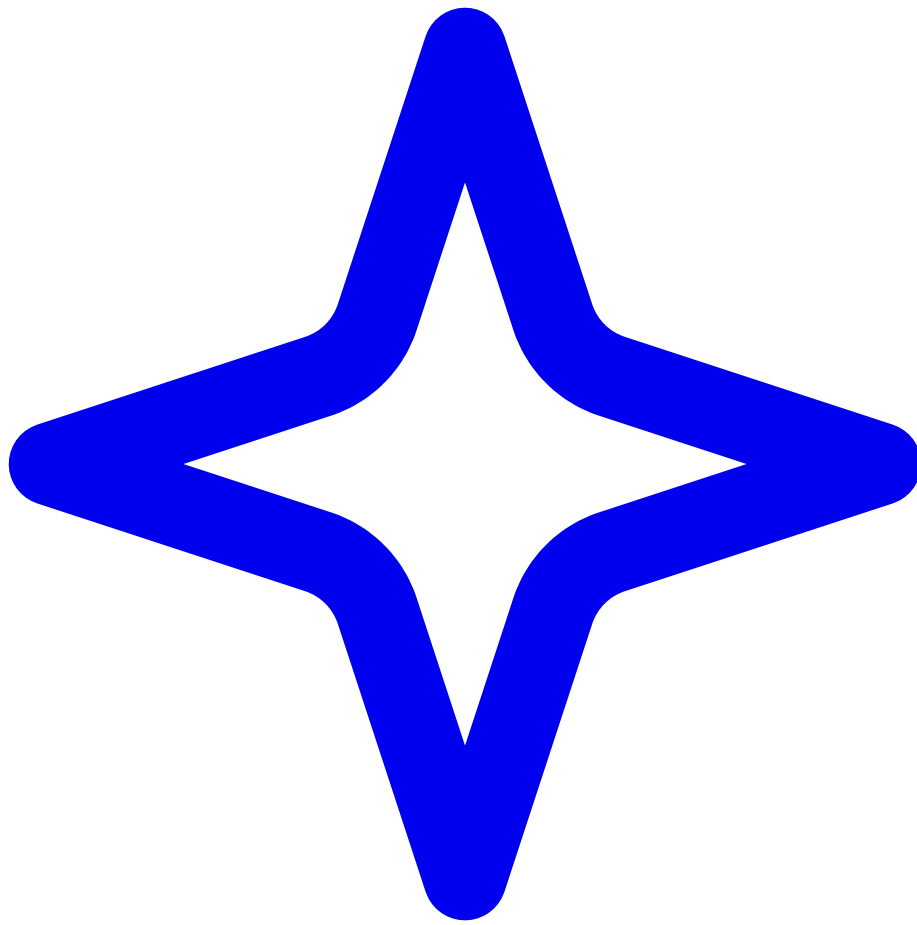




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Caring for Your Skin Between Tattoo Removal Sessions

By the [Blink Tattoo Removal Editorial Team](#) · Reviewed against our [editorial standards](#) · 7 min read · Last reviewed 2026

Disclaimer: This article is for general information only and is not medical advice. Consult a qualified healthcare professional before making decisions about your health or treatment.

Caring for Your Skin Between Tattoo Removal Sessions

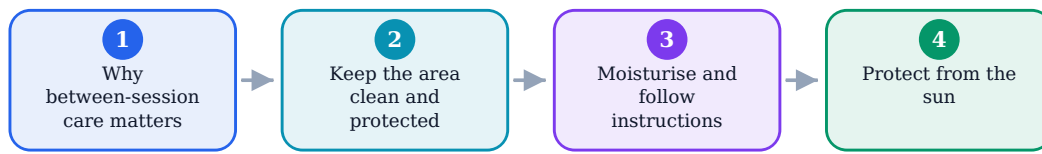


Figure: Caring for Your Skin Between Tattoo Removal Sessions

What you do *between* laser tattoo removal sessions matters just as much as the sessions themselves. Because your body does the work of clearing the fragmented ink over the weeks after each treatment, supporting your skin's healing during that time helps the process go smoothly and comfortably.

This guide offers general aftercare principles for between sessions. It is educational only — always follow your provider's specific instructions.

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Why between-session care matters

Laser removal doesn't clear ink instantly — after each session, your **body gradually breaks down and removes** the fragmented ink over the following weeks. During this time your skin is also healing from the treatment. Supporting both processes with good aftercare helps you stay comfortable, reduces the chance of problems, and lets each session build on the last.

Keep the area clean and protected

Follow your provider's guidance on keeping the treated area **clean** and, if advised, covered with a dressing initially. Gentle cleaning and any recommended dressings help protect the skin as it heals. Avoid harsh products or anything that irritates the area, and handle it gently while it recovers.

Moisturise and follow instructions

Many providers recommend keeping the healing skin appropriately **moisturised** with a product they suggest, but timing and product choice should follow **their instructions** rather than general assumptions. Because aftercare details can vary by provider and situation, treat their specific guidance as the authority and use general advice only to understand the principles.

Protect from the sun

Healing skin is especially vulnerable, so **protecting the treated area from sun exposure** between sessions is widely emphasised. Keep it covered or shaded as advised. Sun exposure on recovering skin can cause problems and may affect your next session, so this is one of the more important between-session habits.

Don't pick or irritate the skin

As the area heals, it may scab or change in appearance — it's important **not to pick, scratch or peel** it, as this can interfere with healing and raise the risk of scarring or infection. Let the skin recover naturally, resisting the urge to interfere, and avoid activities that rub or irritate the area until it has healed.

Support healing and watch for problems

Giving your body what it needs to heal — rest, general good health, hydration — supports the process, though the biggest factor is simply allowing enough recovery time between sessions as your provider schedules. Importantly, **watch for signs of infection or unusual reactions** — such as spreading redness, increasing pain, or discharge — and contact your provider promptly if you notice them. This article is general information and not a substitute for professional medical advice.

General between-session care themes

Aftercare between sessions supports healing, but instructions vary by provider. The themes below are educational, not medical advice — follow your own provider's guidance:

Theme	General consideration
Protecting treated skin	Providers commonly advise shielding it from the sun
Keeping the area clean	Gentle care generally supports healing
Avoiding irritation	Not disturbing the area is usually recommended
Watching for problems	Knowing the signs to report to your provider

Your provider's specific aftercare instructions always take precedence over any general information you read.

When to contact your provider

Part of good aftercare is knowing when to seek professional input. In general, contact your provider if you notice:

- Signs of infection or unusual, worsening symptoms.
- Anything your provider specifically told you to watch for.
- Reactions that concern you or do not settle as expected.
- Uncertainty about whether your healing is normal.
- Questions before your next scheduled session.

When in doubt, ask a qualified professional; this list is general information, not medical advice.

Why aftercare is as important as the treatment

It is easy to think of the laser session itself as the whole of tattoo removal and to view the time between sessions as simply waiting, but the care you give your skin between treatments is genuinely important, because much of the removal process happens during this period as your body gradually clears the fragmented ink and the skin heals from each session. Good aftercare supports this natural process and helps reduce the risk of complications, which is why providers give specific instructions and why following them matters. The exact guidance varies from person to person and provider to provider, based on your skin, the treatment used and your individual healing, so the most reliable rule is always to follow your own provider's personalised aftercare instructions rather than generic advice from articles or acquaintances. General themes tend to include protecting the treated skin, keeping the area clean and undisturbed, and avoiding things that could irritate it, but the specifics — and any products or precautions recommended — should come from your provider. Equally important is knowing what is normal and what is not, so that you can recognise signs that warrant contacting your provider and can raise concerns promptly rather than waiting. Treating aftercare as an active, essential part of the process, rather than an afterthought, tends to support better healing and smoother progress across a course of treatment. Because this involves your health and skin, nothing here should be taken as medical advice; the safest approach is to follow the tailored instructions your qualified provider gives you, to ask them whenever you are unsure, and to seek professional help promptly if anything seems wrong, trusting their in-person guidance above any general information you encounter.

Printable checklist

Print this page or save the PDF to keep these steps handy.

- ☐ Why between-session care matters
- ☐ Keep the area clean and protected
- ☐ Moisturise and follow instructions
- ☐ Protect from the sun
- ☐ Don't pick or irritate the skin
- ☐ Support healing and watch for problems

☐ General between-session care themes

☐ When to contact your provider

Summary

Between removal sessions, general good aftercare supports healing: keep the treated area clean and protected, follow your provider's instructions on moisturising and dressings, protect the skin from sun, avoid picking or irritating it, and give it the time it needs to recover. Supporting overall health helps too. Report any concerning signs to your provider promptly.

Key Takeaways

- Your body clears fragmented ink between sessions, so healing time matters.
- Keep the treated area clean and follow your provider's aftercare instructions.
- Protect the healing skin from sun exposure.
- Avoid picking, scratching or irritating the area.
- Report signs of infection or unusual reactions to your provider promptly.

Frequently Asked Questions

How long does skin take to heal between removal sessions?

It varies by individual and treatment, which is why providers space sessions out — often several weeks apart — to allow both skin healing and the body's clearing of fragmented ink. Follow the schedule your provider sets.

Should I keep the treated area out of the sun?

Yes, protecting healing skin from sun exposure between sessions is widely advised. Sun on recovering skin can cause problems and may affect your next treatment, so keep the area covered or shaded as instructed.

What should I do if the area looks infected?

Contact your provider promptly. Signs like spreading redness, increasing pain, or discharge warrant professional attention. Don't wait — timely advice is important, and this article is not a substitute for medical care.

Related Guides

- [Tattoo Removal Aftercare Guide](#)
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- [How to Prepare for a Removal Session](#)
- [What to Expect During Tattoo Removal](#)
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- [Tattoo Removal and Skin Types: How Skin Tone Affects Treatment](#)
- [Laser Tattoo Removal Myths, Separated From Facts](#)
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