



LASER TATTOO REMOVAL PRE & POST CARE

Pre Care

- Sun exposure, including tanning beds and the application of sunless tanning products, must be avoided for 2 weeks prior and after the treatment, preferably 4 weeks. Sun exposure, tanning, and sunless tanning products decrease the effectiveness of the laser treatment and increase the chance of post treatment complications including skin discoloration (darker or lighter) and scarring.
- Area to be treated must be clean, and free of any lotion, makeup, and sunscreen. If you have any of these on, they must be completely washed off prior to treatment.
- Accutane and any other photosensitizing medication should be discontinued for a period of at least 6 months prior to receiving treatment and should not be used during your course of treatment.
- Waxing and/or the use of chemical depilatories must be avoided in the treatment area for 2 weeks before and after the treatment to avoid skin sensitivity.
- If there is dark hair or prevalent vellus hair (peach fuzz) in the treatment area, you must shave the hair 12-24 hours prior to your appointment.
- You may not be pregnant for any treatment.
- During the course of your treatments, notify our staff of any changes to your medical history, health status, or personal activities that may be relevant to your treatment.
- Here is a shopping list of products you will need to have on hand to properly care for your tattoo after the treatment; these products are available in drug stores and should be applied in the following order:
 - a. 1% Hydrocortisone Cream
 - b. Aquaphor
 - c. Non-stick Telfa Gauze
 - d. Surgical Tape

Post Care

- Immediately after treatment, there may be "frosting" on the area that is treated. Redness and swelling is typical. Pinpoint bleeding may also occur.
- After the treatment, we will apply soothing and protective products; you will need to purchase these products and continue applying them at home for up to one week or until the treated area is healed.
- A cool compress may be applied at home over the bandaging. Tylenol is recommended for discomfort.
- The treated area should be cared for delicately until healing is complete and care should be taken to avoid trauma to the treated area for the first 7 days after treatment.
- Clean the treated area daily allowing water to run over the wound, and then pat the area dry.
- Do **NOT** pick, peel, rub, scrub, or scratch at the skin in the treatment area throughout the healing process. If crusting occurs, do not shave or pick area.
- Although blisters and scabs can be a normal response to tattoo removal, some patients will not experience them. In the case that you do, it is important to not pop them or pick at them. If

the blister pops on its own, continue to apply post treatment products to promote healing and prevent scarring.

- No swimming or using hot tubs/whirlpools until the wound heals.
- Physical exercise that causes perspiration should be discontinued for at least 2-7 days after treatment as excessive perspiration may disrupt the healing process.
- Avoid sun exposure in treated area. When treatment area is exposed to the sun use a thick layer of 30+ SPF sunblock with zinc oxide and reapply every 2 hours.
- Contact us if there is any indication of infection (redness, excessive tenderness or pus).

PLEASE NOTE:

Protective eyewear is necessary during the treatment. Please ensure that you return the eyewear upon completion of your treatment.

I understand the above instructions. I understand the risks and signs of side effects and complications such as severe redness, swelling, blistering, burns, ulcers, pain, or signs of infection and I will call [the med spa] 409-838-7899 office and a physician immediately if I have any questions or concerns.