



Tattoo Removal Pre-Treatment / Post-Treatment Instructions

Precautions to take before your light-based treatment:

- No sun exposure, tanning beds and sunless tanning cream for 4 weeks prior to treatment. Sun exposure decreases the effectiveness of the laser treatment and can increase the chance of post treatment complications.
- Use a broad spectrum UVA/UVB sunscreen with an SPF of 30 or higher. Apply to the treated area 1 hour before sun- exposure and every 2 hours when exposed to the sun. It is recommended to make this a part of your skin care routine.
- Remove all makeup, creams or oils prior to treatment.

Instructions following your laser treatment:

The tattoo removal laser treatment may create a superficial burn wound. Some clients may experience bruising or swelling. There is immediate whitening of the treated area, which usually lasts for several minutes. Many clients then develop blisters, crusts, or scabs within 12-72 hours, which may last for 1-2 weeks or more. The treated areas may be pink or pale after the scab separates. Loss of skin pigment in the treated area is common, and is usually temporary. Healing is usually complete by 6-8 weeks.

General (Pigment and Tattoo):

- Cleanse the treated area at least daily with water and mild soap, and then pat the area dry. You may apply a thin coating of antibiotic ointment up to three times a day while the area is healing if you keep the area covered with a sterile dressing.
- Do not rub or scratch the treated area.
- If crusting/scabbing occurs, do not shave, pick or allow the scab to become scraped, as this may result in infection and scarring. Shaving should be avoided in the treated area until it is completely healed.
- Keep the treated area clean and dry while it is healing.
- You may apply cool compresses as necessary for 24 hours after the laser treatment to help reduce discomfort and inflammation. You may take both acetaminophen and ibuprofen alternating as needed.
- Avoid contact sports or any other activity that could cause injury of the treated area.
- Do not wear makeup or any cream or medication unless recommended by our office for 48 hours.

- Avoid swimming, soaking, using hot tubs, swimming pools and/or ocean until the skin heals, and you have no open wounds.
- Wear a sunblock with an SPF of 30 or higher over the area for 3 months following the duration of treatment.

- If the area looks infected (honey colored crusting and oozing or spreading redness), if you experience an unusual discomfort or bleeding, if any other complications develop, or if you have any questions or concerns, contact the office immediately. Of course, if you have any extreme reaction (such as moderate to severe facial swelling, moderate to severe rash, any difficulty breathing, or you are in any distress) call 9-1-1 and go to the nearest emergency department.

Signature: _____ Date _____