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**LASER TATTOO REMOVAL**

**PRE AND POST TREATMENT INSTRUCTIONS**

**Pre Treatment Instructions**

**One Week Prior to treatment:**

- Avoid excessive sun exposure/sun tanning for at least one week prior to your treatment.
- **Do not tan the area of and surrounding the tattoo** while undergoing your series of laser tattoo removal sessions.
- Wear a broad-spectrum sunscreen of at least **30 SPF** before and after your treatment to protect your skin and to maintain your results. Protect your investment!
- **No self-tanners.** Please remove all self-tanners from the area(s) to be treated.
- Stop applying any “irritating” skin products (Retin A, AHA, Glycolic acid) at least one day prior to your procedure.
- Do not wax your hair or use exfoliating scrubs in the area of the tattoo within the several days prior to your treatment.
- Shave the area of the tattoo the day of your treatment if hair is present.
- Please purchase **Non-Stick/Non-Adherent dressings** (Telfa is a common brand), **paper tape, Vaseline and hydrogen peroxide** for skin care after your laser treatments.

**Procedure Day:**

- Arrive on time for your laser appointment with clean skin in the areas to be treated.
- Women should not wear any makeup/mascara, lotions, powders or perfumes on or around the areas to be treated.
- Men should shave the region being treated the morning of their appointment, but should not apply lotions or aftershave on or around the areas being treated.
- Wear comfortable loose fitting clothes or shoes in the region of the tattoo.

**Post Treatment Instructions for Tattoo Removal**

- After your laser treatment, cold packs can be applied to relieve the sunburn sensation and redness.
- Redness and swelling is common after treatment. Keep the area elevated and apply a cold compress or cold pack
- Pinpoint bleeding may be present for a couple of hours and up to several days after stronger treatments.
- Crusting, peeling and blistering can also be present for several days and up to a week after treatment.
- Vaseline and a “non-stick” dressing (Telfa) should be applied to protect the treated area.
- Clean the treated area daily with hydrogen peroxide and/or mild soap and water until crusting, peeling and blistering is gone.
- **Always keep a thin layer of Vaseline on the treated area** until crusting, peeling and blistering has resolved.
- Continue to wear a clean dressing over the treated area to protect it from infection and trauma until peeling, crusting and blistering has gone.
- Change the dressing daily.
- Avoid soaking the area until completely healed.
- Avoid pools and spas until the area has treated.
- Avoid any active sports for at least one week to allow the treated area to heal.
- **Do not scrub or pick at peeling skin or crusts.**
- **Always apply sunblock SPF 30 or higher to the tattooed region to avoid tanning.**