



Minimally Invasive Therapy Specialists

Laser Tattoo Removal Pre and Post Care Instructions

PRE-TREATMENT INSTRUCTIONS

- 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.
- 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. Shaving is allowed before treatment to remove surface hair in the areas to be treated.
- 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.

POST-TREATMENT INSTRUCTIONS

- Immediately after treatment, there may be “frosting” on the area that is treated. Redness and swelling is typical. Pinpoint bleeding may also occur.
- A cool compress may be applied and 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 area for the first 7 days after treatment.
- Clean treated area daily allowing water or shower to run over the wound, and then pat the area dry.
- Apply Aquaphor ointment to wound area 2-3 times a day. Keep the area moist, and let the scab fall off on its own.
- Cover the treated area with a nonstick Telfer gauze pad (after Aquaphor is applied) until the wound is healed.

minims



Minimally Invasive Therapy Specialists

- 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, most patients will not experience them. In the case that you do, it is important to not pop or pick at them. If the blister pops on its own, keep the skin over it covered with a healing ointment and gauze 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. When treatment area is exposed to the sun use a thick layer of 30+ SPF sunblock with zinc oxide and reapply every 2 hours.