

Additional Tattoo Removal Pre & Post Care PDF

If you have any additional questions/concerns, feel free to call our office or ask your treatment provider

Pre-Care

1. Medicine is not a precise science. Response to medical treatments such as tattoo removal always differs based on tattoo colors, skin types, quality of tattoos and other factors. Laser treatments are currently considered to be the most effective way of achieving tattoo reduction.
2. We cannot treat significantly sun damaged or heavily tanned areas due to a higher risk of complications.
 - a. It is advisable to avoid sun exposure as much as possible for at least 7-2 weeks prior to any planned procedures. If exposure is unavoidable the use of high SPF (minimum SPF 50) sunscreen should be applied to treatment sites.
 - b. Do not use self-tanner or spray tan products on the tattooed area for at least 2 weeks before your treatment to avoid potential injury.
3. Shave areas to be treated the day prior to or on the day of the treatment (if applicable) and wash all areas to be treated with soap and water prior to arrival at the clinic.
 - a. If the area is not shaved prior to treatment, A \$75 charge will be issued if the treated area needs to be shaved by your provider.
4. Pain medications such as Motrin, Aspirin and Aleve should be avoided 3 to 7 days before treatment due to the increased risk of bleeding/hemorrhage.
5. Treatments can be scheduled no sooner than 6 weeks apart for safety reasons.
6. Digital photos will be taken periodically to track the removal process. No personal identifiers will be included in these pictures.
7. No Retin-A or other Retinols should be used before any treatments
8. Do not use self-tanner or spray tan products on the tattooed area for at least 2 weeks before your treatment to avoid potential injury.

9. Avoid drinking more than 2 alcoholic beverages 24 hours before your treatment.
 10. Do not use any of the following products on the treated area 3 days before or 3 days after treatment: harsh exfoliating cleansers or scrubs, bleaching creams or retinoids (Retin-A).
 11. If you have Botox or dermal fillers in the area to be treated, wait 14 days both before and after injection to receive treatments.
 12. Laser services cannot be performed on ladies who are pregnant, breastfeeding or trying to conceive.
 13. Avoid waxing/threading/tweezing in the area for at least 4 weeks. Shaving is ok!
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Post-Care

1. If you experience redness or swelling after treatment, apply a cold pack for 15-20 minutes to the affected area(s) up to 4 times a day.
2. A dressing can be used over the next few days if it is rubbing or getting dirty or if there has been blistering.
 - a. Ice can be applied directly with a barrier between the ice and skin. Always use unscented soap and water when cleaning the treated area.
3. After the procedure, some redness, bruising, swelling, and blistering is possible, so is crusting. DON'T PANIC! It will heal after some time, usually a week to 10 days, but sometimes up to 6 weeks.
4. Hydrocortisone cream may be applied over the involved areas at bedtime if desired.
5. Do not wear restrictive clothing over a treated area for at least 48-72 hours.

6. An emollient such as Aquaphor should be applied over each treated area to allow for proper healing.
7. Similar to post tattoo care, do not let the area dry out or scab. This is especially important during the first 48 hours.
8. You may shower the following day.
 - a. Try to avoid saturation of the involved area, such as the use of a pool or bathtub, also do not scrub the area until it is completely healed.
9. Minimize any vigorous activity for a few days to optimize the healing process.
 - a. For tattoos located on the ankle area and feet: Avoid excessive athletic activity such as running and jogging for at least 48-72 hour after a treatment.
 - b. If swelling occurs in a treated spot elevation of the affected area and applying ice as described above should address the problem.