

# LASER TATTOO REMOVAL:

## PRE/POST CARE INSTRUCTIONS

### Pre Treatment Instructions:

- Sun exposure/tanning beds/sunless tanners must be avoided for 4 weeks prior to treatment.
- Do not wear makeup over the area to be treated on the day of treatment.
- Some medications or supplements may increase the risk of bruising. Consult with your physician.
- Avoid treatments that may irritate the skin for 1-2 weeks prior to treatment including waxing and/or use of chemical depilatories.
- Notify SpaDerma with any changes to your health history of medications since your last appointment.
- History of herpes or cold sores may require an antiviral prescription prior to treatment.

### Post Treatment Instructions:

- Avoid sun exposure and tanning beds for 2-4 weeks following treatment.
- Apply a broad spectrum sunscreen of at least SPF 30 for several days after treatment.
- Avoid skin irritants such as retinoids, alpha-hydroxy acids, beta-hydroxy acids and benzoyl peroxide until the skin is fully healed and all crusting has resolved.  
days after treatment.
- Waxing and/or use of chemical depilatories must be avoided for 1 to 2 weeks after treatment.
- Avoid swimming pools and hot tubs for 1 week post treatment.

### Patient Wound Care Instructions:

- Dressing should be changed once a day or after a shower in the first three days of treatment.
- Prior to removing the dressing, wash hands with soap and water, then carefully remove the dressing, gently cleanse the wound with soap and water and pat dry with a clean towel.
- Apply Aquaphor or petroleum jelly and cover with a large band-aid or non-stick gauze. Make sure bandage is not too tight.
- Some patients may require help of another person to reach treatment area on back.
- Try not to bump or stretch treated tattoo.
- Scabbing over the treatment area is expected and may last 7 to 14 days.
- Do not pick scabs and avoid scrubbing the treated area when bathing.
- Do not unroof blisters if they occur. Contact SpaDerma if blisters are uncomfortable.
- Only non-aspirin OTC pain drugs such as acetaminophen (Tylenol) should be taken for discomfort after the laser treatment.

### Complications:

- Bleeding that soaks the dressing or bleeding that happens after the first 24 hours.
- Increased redness or swelling.
- Uncomfortable blisters.
- Yellowish or greenish drainage coming out of the wound.
- Persistent pain that lasts more than 24 hours.
- Fever.