

## LASER TATTOO REMOVAL PRE- + POST-PROCEDURE PATIENT INSTRUCTIONS

### PRE-PROCEDURE INSTRUCTIONS

- Skin should be cleaned and shaved prior to every treatment.
- The use of a topical anesthetic is optional, and can be applied when you arrive for your appointment. If you would like pre-treatment numbing ointment, please arrive at least 20 minutes prior to your scheduled appointment time.
- Avoid the sun for at least 2 weeks before treatment. Cover the tattoo with a bandage or thick layer of zinc oxide if you plan to be in the sun.
- The use of self-tanning skin products must be discontinued one week before treatment. Any residual self-tanner should be removed prior to treatment.
- Your provider may ask you to stop any topical medications or skin products 3-5 days prior to treatment.
- If you have had a history of perioral herpes and your tattoo is around your mouth, your provider may recommend prophylactic antiviral therapy. Follow the directions for your particular antiviral medication.

### Supply list for Post-Treatment care:

Aquaphor or A&D ointment

Hydrocortisone 1%

Non-stick gauze pads, big enough to cover area treated

Paper tape, self adhesive wrap, or bandaids

### POST-PROCEDURE INSTRUCTIONS

You may experience tenderness and discomfort in the treatment area that generally dissipates within 1 week post treatment. Cold compresses can be applied as well as topical steroid cream twice daily (every morning and night) for one week.

### DAY 1

*(day of treatment, up to 24 hours post treatment)*

Immediately after the treatment the area will be covered with a non stick gauze wrapped with a dressing. Remove the dressing, wash the treatment area with unscented soap, pat dry, reapply a thin layer of hydrocortisone cream followed by a thin layer of Aquaphor or similar. Redress the wound using non stick dressings and tape. Avoid any physical activity or direct heat exposure (hot bath, sauna, etc.) Ice the treated area consistently for 10 minutes on then 10 minutes off as needed.

### DAY 2-3

Wash the area every morning and night using unscented soap and pat the area dry. Apply the hydrocortisone every morning and night, followed by a thin layer of Aquaphor or similar. Reapply the non stick dressings with tape.

### Day 3-7

Exercise may resume at this time. Dressings can be removed. Wash the area every morning and evening with unscented soap. Pat dry. Apply hydrocortisone cream every morning and night stopping on the 7th day post treatment. Keep the area moisturized with a thin layer of Aquaphor until fully healed.

- Some tattoo inks may darken and then gradually lighten up to 2 months post treatment.
- Avoid any direct sun exposure, UV exposure, or self tanner for one month post-treatment.
- Blistering is an expected side effect of the laser tattoo removal. Please do NOT pick or attempt to disrupt the blisters as this can lead to scarring and infection.
- Please call the office if the area continues to bleed, soaking the gauze after the first 24 hours. Please call the office if excessive drainage is noted, if the area is extremely tender to touch or you develop a fever of over 100.3 degrees F after 24 hours post treatment.
- The treatment area can be retattooed after the skin has healed, approximately 2-3 months after a treatment (or series of treatments).

If you have questions or concerns after business hours following a procedure, please call us at **802-861-2273** and push **option 5** to be connected to our answering service. **For a true medical emergency, call 911.**