



## Pre-Treatment Instructions for Tattoo Removal

- No sun exposure, tanning beds for **4 weeks** prior to treatment and sunless tanning creams for **10 days** prior to treatment. Sun exposure decreases the effectiveness of the laser or treatment and can increase the chance of post treatment complications.
- Apply a SPF 30+ sun block to the area to be treated when exposed to the sun.
- Remove all makeup, creams or oils prior to treatment.

## Post-Treatment Instructions for Tattoo Removal

- Clean treated area daily allowing water or shower to run over the wound then pat area dry.
- Apply antibiotic ointment, such as Polysporin (for burns), to the wound using 4x4 dressing until the wound heals.
- If crusting occurs, do not shave or pick area. Apply ointment to wound area multiple times a day. Keep the area moist, and let the scab fall off on its own.
- No rubbing and/or scratching of the treated area.
- Discomfort may be relieved by an ice pack or acetaminophen.
- No swimming or using hot tubs/whirlpools until the wound is completely healed.
- Contact physician if there is any indication of major blistering or infection (prolonged redness, tenderness or pus).
- Avoid sun exposure. When treatment area is exposed to the sun use a 30+ SPF sun block.

