

PHOENIX

TATTOO REMOVAL



SKIN REVITALIZATION

PIGMENTED LESION POST-TREATMENT GUIDELINES

Precautions to take before your light-based treatment:

- ☒ No sun exposure, tanning beds and sunless tanning creams, for 4 weeks prior to treatment. Sun exposure decreases the effectiveness of the laser treatment and can increase the chance of posttreatment complications.
 - No Antibiotics or/need to be off any antibiotics for at least 3 days.
 - Must be off Accutane at least 6 months
 - No Botox or Fillers of any kind for at least **14 days** prior to treatment.
 - No topical Retin-A or topical acne creams/ointments **3 days prior** to treatment.
 - Remove all makeup, creams, or oils prior to treatment.

POST-TREATMENT GUIDELINES

The mechanism of pulsed-light pigmented lesion removal is based upon selective destruction of melanocytes and melanosome-containing epidermal keratinocytes. Their destruction is associated with some crusting and epidermal damage, which typically resolves within a one to four (1-4) week period.

☒ A mild sunburn-like sensation is expected. This usually lasts two to twenty-four (2-24) hours but can persist up to seventy-two (72) hours. Mild swelling and/or redness may accompany this, but it usually resolves in two to three (2-3) days. Apply wrapped ice or gel packs to the treatment area for ten to fifteen (10-15) minutes every hour for the next four hours, as needed. Never apply ice directly to skin. An oral, over-the-counter anti-inflammatory (ibuprofen such as Advil®) or an analgesic (acetaminophen such as Tylenol®) may be taken to reduce discomfort. Use medicine according to manufacturer's recommendations.

☒ Until redness has resolved, it is recommended to avoid the following:

- Applying cosmetics to treated areas.
- Swimming, especially in pools with chemicals, such as chlorine.
- Hot tubs, Jacuzzis, and saunas.
- Activities that cause excessive perspiration or any activity that may raise core body temperature.
- Sun exposure and tanning in treated areas. Apply a SPF 45 or greater sunscreen to prevent skin color changes.
- Aggressive scrubbing and use of exfoliants on the treated area.

☒ Bathe or shower as usual. Treated areas may be temperature-sensitive.

☒ The lesion may initially look raised and/or darker with a reddened perimeter.

☒ The lesion will gradually turn darker over the next twenty-four to forty-eight (24-48) hours. It may turn dark brown or even black.

☒ The lesion will progress to darkening and/or crusting and will start flaking off in an average of seven to twenty-one (7-21) days.

☒ The lesion is usually healed in twenty-one to thirty (21-30) days. It will continue to fade over the next six to eight (6-8) weeks.

☒ Advise persons being treated not to pick or pull at darkened lesions as scarring may occur.

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SKIN REVITALIZATION

PIGMENTED LESION POST-TREATMENT continued

PIGMENTED LESION POSSIBLE SIDE EFFECTS

- Prolonged itching, redness, and blistering.
- Hair removal in treated area.
- Bruising, peeling, rash, lightening or darkening of skin color, ingrown hairs, crusting, swelling, infection, and removal or lightening of freckles.
- Removal or lightening freckles.
- Scarring.

Call their treatment provider if side effects occur.

Signature: _____ DATE: _____
(Or legal guardian)

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Please call or text Judi for any concerns you may have 480-313-4443

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