

PHOENIX
TATTOO REMOVAL
← & →
SKIN REVITALIZATION

PicoSure Pretreatment & Post-treatment Instructions

Patient Name: _____ DOB: _____

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.
- Use a broad **spectrum UVA/UVB sunscreen with a SPF of 50 or higher**. Apply to the treated area every 2 hours when exposed to the sun and it is recommended to make this a part of your skin care routine.
- No Antibiotics or/need to be off any antibiotics for at least 3 days.
- Must be off Accutane at least 6 months

Skin Rejuvenation Only:

- 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.

Instructions following your laser treatment for Skin Rejuvenation, Pigment, Acne Scarring, or Tattoo Removal:

- Avoid sun exposure to the treated area. Use broad spectrum UVA/UVB sunscreen with an SPF of 30 or higher. Apply to the treated area every 2 hours when exposed to the sun and it is recommended to make this a part of your skin care routine.
- Cleanse the treated area at least daily with water and mild soap, and then pat the area dry.
- Do not rub or scratch the treated area.
- If crusting/scabbing occurs, do not shave or pick area. Apply Aquaphor ointment (tattoo) or other moisturizer (face) to the area 2-3 times a day. Keep the area moist, and let the crusting/scabbing resolve on its own.
- Discomfort may be relieved by cold gel packs and/or an over the counter pain reliever, such as acetaminophen (Tylenol).
- Avoid contact sports or any other activity that could cause injury of the treated area.
- Avoid swimming, soaking or using hot tubs/whirlpools until the skin heals.
- Contact physician if there is any indication of infection (redness, tenderness, or pus).

Additional instructions for Tattoo Removal including the above instruction:

- After cleaning and while skin is still moist, apply a thin layer of Aquaphor ointment to the treated tattoo.
- Apply a non-stick pad over the tattoo until it is healed.
- Discomfort may be relieved by using cool gel packs or acetaminophen (Tylenol).
- If blister occurs, keep the area moist by applying Aquaphor 3 times per day or antibiotic ointment per recommendation of the physician. Do not enter swimming pools or hot tubs until treated areas are healed.
- Please call or text Judi for any concerns you may have 480-313-4443

Patient Signature: _____ Date: _____

(Or legal guardian)

PHOENIX
TATTOO REMOVAL
← & →
SKIN REVITALIZATION

PicoSure Pretreatment & Post-treatment Instructions

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 post-treatment complications.
- Use a broad **spectrum UVA/UVB sunscreen with a SPF of 50 or higher**. Apply to the treated area every 2 hours when exposed to the sun and it is recommended to make this a part of your skin care routine.
- No Antibiotics or/need to be off any antibiotics for at least 3 days.
- Must be off Accutane at least 6 months

Skin Rejuvenation Only:

- 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.

Instructions following your laser treatment for Skin Rejuvenation, Pigment, Acne Scarring, or Tattoo Removal:

- Avoid sun exposure to the treated area. Use broad spectrum UVA/UVB sunscreen with an SPF of 50 or higher. Apply to the treated area every 2 hours when exposed to the sun and it is recommended to make this a part of your skin care routine.
- Cleanse the treated area at least daily with water and mild soap, and then pat the area dry.
- Do not rub or scratch the treated area.
- If crusting/scabbing occurs, do not shave or pick area. Apply Aquaphor ointment (tattoo) or other moisturizer (face) to the area 2-3 times a day. Keep the area moist, and let the crusting/scabbing resolve on its own.
- Discomfort may be relieved by cold gel packs and/or an over the counter pain reliever, such as acetaminophen (Tylenol).
- Avoid contact sports or any other activity that could cause injury of the treated area.
- Avoid swimming, soaking or using hot tubs/whirlpools until the skin heals.
- Contact physician if there is any indication of infection (redness, tenderness, or pus).

Additional instructions for Tattoo Removal including the above instruction:

- After cleaning and while skin is still moist, apply a thin layer of Aquaphor ointment to the treated tattoo.
- Apply a non-stick pad over the tattoo until it is healed.
- Discomfort may be relieved by using cool gel packs or acetaminophen (Tylenol).
- If blister occurs, keep the area moist by applying Aquaphor 3 times per day or antibiotic ointment per recommendation of the physician. Do not enter swimming pools or hot tubs until treated areas are healed.
- Please call or text Judi for any concerns you may have 480-313-4443

******Patient Copy******