



## PicoSure Laser Tattoo Removal Pretreatment & Post-treatment Instructions

Patient Name: \_\_\_\_\_ DOB: \_\_\_\_\_

### Precautions to take before your laser treatment:

- **No sun exposure, tanning beds, and self 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.
- Treatment area should be clean shaven of hair prior to appointment.
- **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

### Instructions following your laser treatment for Tattoo Removal:

- Blistering is very common, do not pick up or pop area. If blisters occur, keep the area moist by applying Aquaphor 3 times per day.
- Avoid all sun exposure to the treated area. Sun exposure may cause hypo or hyper pigmentation.
- 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.
- Wash hands before touching the treated area.
- Cleanse the treated area at least daily with water and mild soap, and then pat the area dry. Apply a non-stick pad with medical tape over the tattoo until it is healed.
- Itching and scabbing is normal. Scabbing may last 7-14 days. **DO NOT PICK, PEEL, OR SCRATCH.** The treated area as it could cause scarring or changes of the natural skin color. Removing the scab will increase healing time. If located in a high friction area, keep covered and do not shave area until completely healed.
- If itchiness develops and is irritating, you may apply a Benadryl cream after the first week of treatment and cover area. **\*DO NOT USE CORTISONE CREAM\***
- Apply Aquaphor ointment 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.)
- Do not bump or stretch the treated area. Avoid contact sports or any other activity that could cause injury.
- Avoid swimming, soaking, or using hot tubs/whirlpools until the skin heals.

Please call 602-802-8800 or text 602-620-9792 if there is any indication of infection (redness, tenderness, or pus) or any other concerns you may have.

Patient Signature \_\_\_\_\_  
(Or Legal Guardian)

Date: \_\_\_\_\_