



## **Pre and Post Treatment Instructions for Picosure Laser Tattoo Removal**

### **Prior to Treatment**

- If you have any important events or functions within the next **10-14 days**, then we recommend that you wait until after the event to have this procedure
- Refrain from sun exposure, tanning beds, or sunless tanning cream **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 mineral-based zinc SPF daily, this should become a regular part of your skincare routine
- Area to be treated must be clean, and free of any lotion, makeup, and sunscreen. If you have any of these on, they must be completely washed off prior to treatment
- If there is dark hair or prevalent vellous hair (peach fuzz) in the treatment area, it is recommended to shave the hair **12-24 hours** prior to your appointment.
- Accutane and any other photosensitizing medication should be discontinued for a period of at least 6 months prior to receiving treatment and should not be used during your course of treatment
- Anticoagulants may cause excessive bleeding and interfere with post-treatment healing- Please inform staff if you are taking any such medication
- Discontinue Vit E, omega 3, and fish oil; make sure to let the office know if you are taking any other supplements or vitamins
- Medications that alter wound healing response may interfere with post-treatment healing and may require special precautions
- Avoid any Chemical Peels in the treatment area for **1-2 weeks** prior to the laser.
- Avoid harsh exfoliating products such as Retin-A for **3-7 days** before and after treatment.
- Waxing and/or use of chemical depilatories must be avoided for **2 weeks prior** to and after the treatment. Shaving is allowed before treatment to remove surface hair in the areas to be treated
- History of skin cancer or suspicious lesion may preclude a patient from receiving treatment, please discuss with your provider
- You may not be pregnant for any treatment
- During the course of your treatments, notify our staff of any changes to your medical history, health status, or personal activities that may be relevant to your treatment

### **Post-Treatment Instructions**

- Immediately after treatment, there may be "frosting" on the area that is treated. Redness and swelling are typical. Pinpoint bleeding may also occur, this will make the skin look red and bruised

- The treatment area will feel like a sunburn-like effect is normal and can last for several hours to several days
- Tylenol may be taken as necessary for discomfort. Ice packs/cool compress may be used if desired to minimize swelling.
- The treated area should be cared for delicately until the healing is complete and care should be taken to avoid trauma to the area for the first 7-10 days
- Clean with **mild soap** daily allowing water or shower to run over the tattoo, while the skin is still moist, apply **Epidermal Repair/Soothe Recovery Balm** to the treatment area 2-3 times a day. Keep the area moist, and let the scab fall off on its own.
- Purchase of **Epidermal Repair/Soothe Recovery Balm** from the office is highly recommended but other over-the-counter options include- Aquaphor, Neosporin cream, and unscented moisturizer
- Cover the treated area with a non-stick Tefla gauze pad (after ointment is applied) until the wound is healed, 3-5 days
- Do **NOT** pick, peel, rub, scrub, or scratch the skin in the treatment area throughout the healing process. If crusting occurs, do not shave or pick the area
- Although **blisters and scabs** can be a normal response to tattoo removal, it is important to not pop or pick at them. If a blister pops on its own, keep the skin over it covered with a healing ointment and gauze to promote healing and prevent scarring
- Avoid contact sports or any other activity that could cause injury to the treatment area
- Avoid swimming, soaking, or using hot tubs/saunas until the skin heals and blisters have resolved, minimum **48hrs**
- Physical exercise that causes perspiration should be discontinued for at least **2-7 days** after treatment, as excessive perspiration may disrupt the healing process
- Sun exposure and the use of tanning beds must be avoided for at least **2 weeks** after your treatment, preferably **4 weeks**. We recommend physical avoidance of the sun in all treated areas. Please make sure that your sunscreen is a physical block with **Zinc or Titanium Dioxide**

**Please call the office if you experience any of the following:**

If it is after hours and we cannot be reached, please contact urgent care services, or in the event of an emergency call 911

- If you are uncertain and have questions
- Pain that is not relieved by Tylenol
- Indication of infection (redness, tenderness, pus)

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