

# LASER TATTOO REMOVAL – PRE & POST INSTRUCTIONS - 2019

## PRE-TREATMENT INSTRUCTIONS

### **Hold Off On The Sun, Spray Tan and Artificial Tanning**

- ♥ Sun exposure, including tanning beds and the application of sunless tanning products, must be avoided for 2 weeks prior and after the treatment, preferably 4 weeks.

### **Tell Us About Any New Medications – VERY IMPORTANT**

- ♥ If you start any new medications – like an antibiotic or any herbal supplements, please let us know. Some medications can make you sensitive to light so please tell us about anything new to avoid any unwanted reactions. We will ask you about this prior to every treatment.

### **Tell Us About Any Changes in Your Health Status.**

- ♥ If you have any changes, please let us know. This is very important if you become pregnant. We can NOT treat you if you are pregnant.

### **The area to be treated must be clean.**

- ♥ We will clean the area but it is best that you arrive free of any lotion, makeup, and sunscreen.

### **Shave the area so it is free of hair. Avoid a \$40 shaving fee**

- ♥ To avoid a \$40 shaving fee, please shave the area prior to arriving. The laser will burn the hair if it is not shaved making it more painful.

### **What about Pain**

- ♥ You CAN take Tylenol 45 minutes prior to your treatment but avoid Motrin, Advil and Aspirin as they tend to thin the blood and promote bruising.
- ♥ Do Not Use Retin-A, Retinols, AHA's (alpha-hydroxy acids) or other topical acid products, as well as lightening agents on skin prior to treatment.
- ♥ Do not have your laser tattoo removal treatment done under the influence of alcohol or drugs. This can cause thinning of the blood, which can lead to increased bleeding and other more serious problems.

### **Numbing – You can numb for a fee ranging from \$40-\$75**

- ♥ If you want to numb the area prior to your treatment, please tell the front desk and we will schedule an extra 30 minutes prior to your treatment. We will apply a medical compounded numbing cream 20 minutes prior to your treatment. There is an extra fee to numb the area and the cost depends on the size of the area we are treating.

## WHAT TO EXPECT ON THE DAY OF YOUR TREATMENT

### **Try To Relax**

- ♥ Everyone is nervous but our treatments are usually very fast. We wish it were painless but do our best to make you feel comfortable

### **Sign the Consent & Tell Us About Anything that is New with your Health.**

- ♥ We know it is a pain but we will ask you to sign a consent prior to every treatment. Please take time to read, sign and date it. If you start any new medications, please let us know. If you become pregnant or are thinking about becoming pregnant, please let us know.

### **Even Though You May Hate it – We have to take your Photo**

- ♥ This helps all of us track progress. The nurse will take before photos, please feel free to ask any questions regarding your care. No question is a bad question. We want to make you feel as comfortable as possible.

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### Your Safety Is Our Priority

- ♥ The area will be cleaned and cooled with our Zimmer (just like a hair dryer that blows cool air). This is to help make the treatment more comfortable.
- ♥ The nurse will give you protective eyewear to protect your eyes. Everyone who is in the room must wear protective eyewear.

### Changes to the Laser Setting During Your Treatment Is Normal.

- ♥ The nurse will carefully adjust the settings to ensure a good treatment. It is common to give several pulses and then stop to see how the tattoo is reacting. Sometimes the settings are adjusted multiple times during a treatment to ensure the treatment is effective. This is normal.

### If you need for us to stop – Just tell us

- ♥ We know it isn't easy but please try to stay still. Any movement you make has the potential to jostle the nurse. If you need the nurse to stop, just tell her and we can take a break.

### When It is Over

- ♥ The nurse will cool the skin again, take a post treatment photo, apply aloe and cover the treated area with a bandage.

### Schedule Your Next Appointment – 8-10 weeks apart

- ♥ All Tattoo removal treatments are scheduled at least 8 weeks apart. The longer we wait between treatments, the better as it gives the body more time to heal and process the ink we just broke up in the skin. Many people think that the sooner they are treated, the faster the tattoo will come off. Not True. In fact, the longer we wait, the better it is.

## POST TREATMENT INSTRUCTIONS

### What to Expect When You See Your Tattoo

- ♥ Frosting, redness, blistering & pinpoint bleeding is completely normal. Tylenol is recommended for discomfort and the treated area should be cared for delicately until healing is complete. Be sure to keep it moist.

### Don't Pick – We Know It Is Hard But DON'T Do It

- ♥ Do NOT pick, peel, rub, scrub, or scratch at the skin in the treatment area throughout the healing process. If crusting occurs, do not shave or pick area.

### Keep It Clean, Covered & OUT OF THE SUN

- ♥ Clean treated area daily allowing water or shower to run over the wound, and then pat the area dry. Apply Aquaphor ointment or Aloe to the wound area 2-3 times a day. Keep the area moist, and let the scab fall off on its own. Cover the treated area with a bandage or nonstick Telfa gauze pad (after Aquaphor is applied) until the wound is healed.

### Stay Out of the Pool, Hot Tub and avoid rigorous exercise

- ♥ No swimming or using hot tubs/whirlpools until the wound heals. If you engage in physical exercise that causes perspiration, be very careful as excessive perspiration may disrupt the healing process.

### Stay Out Of The Sun

- ♥ Avoid sun exposure to the treatment area. If you must be in the sun, We recommend that you cover the tattoo or you apply a thick layer of 30+ SPF sunblock with zinc oxide. We recommend that you reapply every 2 hours.

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[Call Us If You Have Any Questions – 505-888-1185](tel:5058881185)