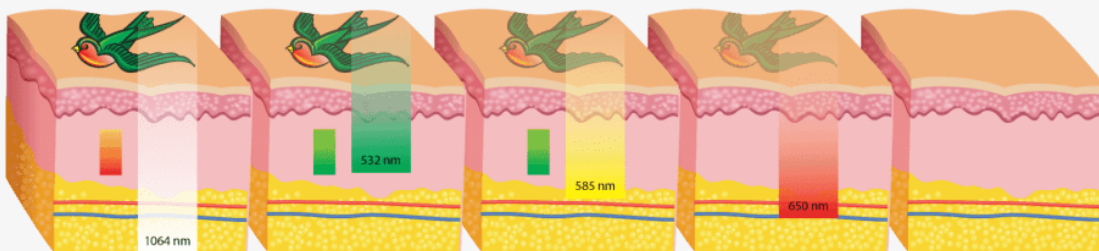




# TATTOO REMOVAL

Everything You Need to Know Before  
Your Laser Tattoo Removal  
Appointment

Excited to ditch that ink? We hear ya!  
But before you show up, you need to  
make sure you've read and understand  
everything on this list. Otherwise,  
there's a chance we won't be able to  
treat you.



## THE DAY OF YOUR TREATMENT...

- Stay Out Of The Sun
  - Prep Your Skin
- Avoid incidental or direct sun, tanning beds, spray-tans and self-tanners on your tattoo. When you are outside, protect your tattoo

by applying sunblock (SPF 50+) and using barrier protection such as protective clothing or an adhesive bandage.

- Tattoo cover-up makeup, lotion, sunscreen and literally everything else you might put on your skin must be removed from the area being treated before your appointment. If you forget this one, we'll have wipes on hand.
- If your tattoo is in an area that grows hair, please shave in the direction that the hair grows with a clean razor.
- We will apply Numbing Cream (please let us know if you are allergic to Lidocaine/Prilocaine/Xilocaine)

### **EARLY IS THE NEW ON-TIME**

Please arrive 10 minutes before your appointment time. If you're more than 5 minutes late, we may have to reschedule or not be able to treat all the areas planned.

### **A Few More Things We Need to Know**

Any changes to your medical history

New diagnosis? New pregnancy? New medications? Please tell us, as some medical conditions and medications are not compatible with laser treatments.

It may be necessary to reschedule your appointment, as your health and safety are always our top priority!

First of all, thanks for coming in! Second of all, congrats! You're one step closer to removing your unwanted ink. However, results vary and the \*best\* results depend on you,

and whether you read, understand and actually do everything on this list.

Questions? Give us a call! But before we get into your after-care instructions, here are a few things you can expect in terms of results.

Laser tattoo removal is a gradual process and is unique for each and every tattoo depending on its location, depth, density and ink colors. We will educate you throughout your laser tattoo removal process on the predicted number of treatments your particular tattoo is expected to take to fade/remove.

### **WHAT TO DO AFTER YOUR LASER TATTOO REMOVAL TREATMENT**

Immediately after your treatment until the area has fully healed

*REST & ELEVATE*

Elevate the treated area above your heart intermittently. Avoid physical activities like prolonged standing or walking. This is ESPECIALLY important if your tattoo is located below the elbow or knee.

#### ICE THE AREA

Apply cool ice packs to the affected area, taking them on and off every three to five minutes for one to two hours. Don't apply the ice pack for more than five minutes at a time, and don't apply it directly to your skin (wrap it in a paper or cloth towel)

#### MOISTURIZE

Moisturize the treated area with a thick coat of Vaseline® or Aquaphor® at least three times daily. Do not allow the skin to dry out.

#### AVOID IRRITANTS

These include harsh soaps, medicated washes, scrubs, peels, hydrogen peroxide, Neosporin®, Polysporin®, Bacitracin®, and Aloe Vera. We recommend applying only Vaseline, Aquaphor, Hydrocortisone 1%, or sunscreen as needed.

#### STAY OUT OF THE SUN

Avoid incidental or direct sun, tanning beds, spray-tans and self-tanners on your tattoo. When you are outside, protect your tattoo by applying sunblock (SPF 50+) and using barrier protection such as protective clothing or an adhesive bandage.

#### STAY DRY

Avoid steam rooms, saunas, hot tubs, pedicures and exercise/sweating, and avoid swimming.

#### CHILL OUT IN THE SHOWER

Take short, cool or lukewarm showers and avoid scrubbing or shaving the treated area. When cleansing, use a non-foaming cleanser and gently pat dry with a clean towel.

### **What To Do If You Experience These Common Side Effects....**

#### *For Swelling & Blistering*

Swelling and blistering can be minimized or prevented by resting, icing and elevating the tattoo immediately following your treatment. If your tattoo develops small blisters, do not pop, scratch, or peel them—they will be reabsorbed on their own in 7-10 days. Gently apply a thick layer of Vaseline® or Aquaphor® and lightly cover with a clean, breathable gauze pad three to four times a day until fully resolved. If your blister is large or uncomfortable, please contact us.

#### *For Itching*

Itching can occur during your laser tattoo removal process, even once the tattoo is healed. We recommend taking oral liquid Benadryl®, Allegra® or Clartin® (antihistamines available over-the-counter) as needed, as well as applying hydrocortisone 1%, and Vaseline® or Aquaphor® to the affected area up to three times per day until it resolves.

#### For Irritation

Several types of irritation can occur after each laser tattoo removal treatment. It is normal for your tattoo to have minimum to moderate redness, petechiae (tiny broken blood vessels under the skin), pinpoint bleeding or bruising. To promote healing, apply a thick layer of Vaseline® or Aquaphor® (okay to mix in hydrocortisone 1%) and lightly cover with a clean, breathable gauze pad three to four times a day until fully resolved.

Make sure you avoid the following:

- Tight clothing that could rub against the tattoo
- Scratching or picking at the area
- All irritating products such as hydrogen peroxide, Neosporin®, Polysporin®, Bacitracin®, Aloe Vera, or numbing agents (we recommend applying only Vaseline®, Aquaphor®, hydrocortisone 1%, or sunscreen)

