

**COSMETIC SOLUTIONS MED SPA  
LASER TATTOO REMOVAL  
PRE-POST CARE INSTRUCTIONS**

**PRE-TREATMENT INSTRUCTIONS**

1. Avoid the sun 4-6 weeks before and after treatment until your physician allows it.
2. Your provider may ask you stop any oral or topical medication or other skin care products 3-5 days prior treatment.
3. Tanned or darker skin types should not be treated. If treated within 2 weeks of tanning (natural sunlight or tanning booth), you may develop hypo-pigmentation (white spots) and this may not clear up for 2-3 months or longer.
4. The use of self-tanning skin care products must be discontinued at least 1-2 weeks prior to treatment. Any residual self-tanner must be removed prior to treatment.
5. Your physician will apply a topical anesthetic for treatment discomfort. This will be removed just prior to treatment.
6. Multiple treatments will be necessary (usually 6-9).

**POSTOPERATIVE TREATMENT CARE**

The tattoo removal laser treatment may create a superficial burn wound. Some clients may experience bruising or swelling. There is immediate whitening of the treated area, which usually lasts for several minutes and could last for several hours. Many clients then develop blisters, crusts, or scabs within 12-72 hours, which may last for 1-2 weeks or more. The treated areas may be pink or pale after the scab separates. Loss of skin pigment in the treated area is common, and is usually temporary. Healing is usually complete by 6-8 weeks.

1. Keep the treated area clean and dry while it is healing. Clean the area gently with soap and water and then gently pat the area dry. You may apply a thin coating of antibiotic ointment up to three times a day while the area is healing if you keep the area covered with a sterile dressing.
2. You may apply cool compresses as necessary for 24 hours after the laser treatment to help reduce discomfort and inflammation. You may take plain Tylenol, but avoid aspirin (it can increase the risk of bruising and/or bleeding.)
3. Do not pick at the scab or allow the skin to become scraped, as this may result in infection and scarring. Shaving should be avoided in the treated area until it is completely healed.
4. Immediately after treatment, there should be a slight "frosting" on the area that is treated. Redness and edema swelling at the treatment site can occur and may last up to 2 hours or longer. Pinpoint bleeding may also occur.
5. An ointment (Like Aquaphor, Vaseline, or Hydra Palm + Epidermal repair cream) should be applied to the treated area and covered with a non-stick bandage.
6. After treatment, the skin will scab over. It is very important not to pick, scratch, or aggressively wash the area. Following these instructions will prevent scarring. The scab should flake off in 7-10 days.
7. Avoid sun exposure to reduce the chance of hyper-pigmentation (darker pigmentation).
8. Use sun block (at least SPF 30+) at all times throughout the course of your treatments on the treatment area.
9. There are no restrictions on bathing except to treat the area gently, as with any other wound.
10. If the area looks infected (honey colored crusting and oozing or spreading redness), if you experience an unusual discomfort or bleeding, if any other complications develop, or if you have any questions or concerns, contact the office immediately. Of course, if you have any extreme reaction (such as moderate to severe facial swelling, moderate to severe rash, any difficulty breathing, or you are in any distress) call 911 and go to the emergency department.

**QUESTIONS? NEED HELP?**

Contact our office directly at (859) 554-0519. We're here to help and answer all your questions.