



## Pre and Post Treatment Instructions

### PicoSure Tattoo Removal

For your safety and in order to obtain optimum results, the instructions below should be followed

- How to Prepare for your Tattoo Removal Treatment:
  - o **ABSOLUTELY** avoid any sunburn or suntan for at least 2 weeks prior to laser treatments. Treatment of tanned skin can increase the risk of blistering and/or permanent skin discoloration. **PROLONGED SUN EXPOSURE IS TO BE AVOIDED FOR 4 WEEKS BEFORE AND AFTER TREATMENTS.**
  - o Do not use any self-tanning lotions or spray tanning in the month prior to treatment.
  - o Stop using retinol/Retin A/Tretinoin for one week prior to treatment, Accutane for 6 months prior to treatment.
  - o Be sure to inform your care provider if you have ever had cosmetic tattoos or permanent makeup applied near the area of treatment.
  - o Apply a thin layer of numbing medicine to the area to be treated 30 minutes prior to your appointment.
- What to Expect After Your Treatment:
  - o A nonstick dressing will be applied to the treated area. You may remove and discard the dressing after 24 hours.
  - o After the dressing is removed, continue to apply a thin layer of hydrocortisone / aloe mixture (provided) 3-4 times a day until the treated area is healed.
  - o Cleanse the treated area at least daily with a gentle cleanser and then pat dry.
  - o Do not rub or scratch the treated area.
  - o If crusting/scabbing/blistering occurs, do not shave or pick area. Keep the area moist, and let the crusting/scabbing resolve on its own.
  - o **Blistering** post laser treatment is a common reaction and will resolve on its own, typically within a week.
    - It is an arm or leg, elevate the extremity as much as possible to reduce swelling.
    - Do not wear clothes that may rub on the blister and agitate it.
    - You want the blister to resolve on its own and let your body naturally reabsorb the fluid.
    - You may protect the blister by applying Silvergel, Vaseline or Aquaphor several times a day to protect the area.
    - If the blister spontaneously pops, do not peel your skin, use a non-adherent bandage to protect the blister. **DO NOT** use hydrogen peroxide or alcohol, clean the area with soap and water.
  - o Discomfort may be relieved by ice packs and/or an over the counter pain reliever, such as acetaminophen.
  - o Avoid contact sports or any other activity that could cause injury of the treated area.
  - o Avoid swimming, soaking or using hot tubs/whirlpools until the skin heals.
  - o Sunscreen (minimum SPF 30) should be used daily. We offer safe, post-laser sunscreen. Ask the staff.
  - o Subsequent treatments are based upon your clinician's recommendation and are typically 12 weeks apart. A series of treatments are recommended for best results.

**I have read and understand the above. I have had the opportunity to ask any questions and I have received a copy of these instructions.**

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**Patient Signature**

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**Witness Signature**

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**Date**