

## **Laser Tattoo Removal**

### **Pre Care**

- Avoid sun, spray tans, tanning beds and any artificial coloring to the skin for 2 weeks prior to treatment as these can increase the risk of complications and change the color of your skin.
- Avoid photosensitive medications such as antibiotics for 72 hours prior to treatment.
- Stay hydrated. Drink plenty of water leading up to your treatment to keep your skin hydrated.
- Consult your practitioner. Discuss any medications or supplements you are taking with your practitioner, as they may affect your treatment.

### **Post Care**

- Keep the area clean. Gently cleanse the treated area with mild soap and water. Pat dry with a clean towel
- If you experience swelling or discomfort, apply a cold compress for 10-15 minutes to reduce inflammation.
- Moisturize. Use an occlusive ointment like Aquafor or an antibiotic ointment as directed to keep the area hydrated and to help with healing.
- Avoid sun exposure. Protect the treated area from sun exposure by wearing clothing over it or applying a high-SPF sunscreen for several weeks.
- Avoid picking at scabs or blisters that may form. This can lead to scarring or infection.
- Monitor for signs of infection such as increased redness, swelling, or pus. Contact your practitioner if you notice and concerning symptoms.
- Attend all scheduled follow-up appointments to monitor progress and determine when to schedule your next treatment session. Sessions are typically completed every 8-12 weeks.