

Recommended Pre & Post Care for Tattoo Removal Treatments with enlighten system

For best results please follow these instructions

Before your treatment:

- Do not wear makeup on the day of treatment
- No sun-tanning or self-tanners 4 weeks prior to treatment
 - Includes spray tans, tanning lotions, tanning beds, sun exposure, etc.
- Some medications or supplements may increase the risk bruising. Consult with your physician.
- Avoid treatments that may irritate the skin for 1-2 weeks prior to treatment (waxing, depilatories, etc.)
- Notify our office with any changes to your health history or medications since your last appointment
- History of herpes or cold sores may require an anti-viral prescription prior to treatment

After your treatment:

- Avoid sun exposure for 2 to 4 weeks following treatment and use a broad spectrum (UVA/UVB) sunscreen.
- Avoid skin irritants (products containing tretinoin, retinol, benzoyl peroxide, glycolic/salicylic acids, astringents, etc.) until the skin is fully healed and all crusting has resolved.

PATIENT WOUND CARE INSTRUCTIONS

- Dressing should be changed once a day or after a shower in the first three days of treatment.
- Prior to removing the dressing, wash hands with soap and water, then carefully remove the dressing, gently cleanse the wound with soap and water and pat dry with a clean towel.
- Apply Aquafor, Vaseline or simple petroleum jelly and cover with a large band-aid or non-stick gauze dressing and make sure the bandage is not too tight.
- Some patients may require help of another person to reach some treatment areas.
- Try not to bump or stretch treated tattoo.
- Scabbing over the treatment area can occur and usually last 7 to 14 days.
- Do not pick scabs and avoid scrubbing the treated area when bathing.
- Do not unroof blisters if they occur. Contact our office if blisters are uncomfortable.
- Only non-aspirin over-the-counter pain drugs such as acetaminophen should be taken for discomfort after the laser treatment.
- Contact office if any of the following occur:
 - Bleeding that soaks the dressing or bleeding that happens after the first 24 hours
 - Increased redness or swelling
 - Uncomfortable blisters
 - Yellowish or greenish drainage coming out of the wound
 - Persistent pain that last more than 24 hours
 - Fever

- Additional instructions: _____