

## Pre Treatment Instructions for Laser Tattoo Removal

Before You Arrive For Treatment:

Proper care before your procedure is important to help you get the best results and lower your risk of undesired side effects.

- No recent sun exposure, tan, or use of self-tanners for a minimum of 4 weeks prior to treatment. The risk of hyper/hypo pigmentation (lightening or darkening of the skin) is greatly increased with sun exposure.
- Avoid treatments that may irritate the skin like harsh chemicals, depilatories, etc. for at least 1-2 weeks before treatment and 2 to 4 weeks after treatment. This includes products containing tretinoin, retinol, benzoyl peroxide, glycolic/salicylic acids, astringents, etc. Do not resume use of these products until skin has fully healed and all crusting has resolved.
- Treatment area should be clean shaven of all hair.
- Arrive well hydrated for optimal results
- Moderate to significant discomfort is expected. Some areas are more sensitive than others.
- Topical Ointment options may be available if required/desired. If you are using Dr. Numb product or wish for it to be applied (at a \$20 application fee) prior to your appointment please advise at time of booking and arrive a minimum of 15 minutes before your treatment is scheduled

## Post Treatment Instructions for Laser Tattoo Removal

Proper care following your procedure is necessary to achieve the best results. Expect the Tattoo Lightening/Removal procedure to be a multi-step process. It is likely that you will have to come back for more than one treatment. Additional visits should be scheduled no sooner than 5-8 weeks from the last treatment. Keep in mind that in many cases the tattoo may fade unevenly. Please review the following directions and refer to them as necessary. Be prepared for the initial colour intensity of your procedure to be significantly brighter or darker, you will also notice it may appear very red or white immediately after the procedure. This should fade as it heals.

Depending on the tattoo, the area may darken before it fades. It will take time for this transition based upon how the tattoo was applied, what it was applied with, and your own natural healing.

- The area may appear bruised after treatment, this will typically fade in 5-7 days.
- Dressings should be changed once a day or after a shower for the first three days after 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 provided cream or simple petroleum and cover with a large Band-Aid or non-stick gauze dressing and make sure the bandage is not too tight. Keep the treatment area moist with the provided topical.
- Ice packs protected with a cloth may be applied as necessary to reduce soreness & swelling. Do not put ice directly on the area, make sure there is a towel or cloth between the ice and your skin.
- Bleeding and bruising is expected the first day or two after the procedure.
- Wash your hands before touching any treated area. Do not expose the area to dirty or unsanitary conditions.
- Try not to bump or stretch the tattoo.
- Itching and scabbing is normal. Treatment area may scab but preventing the scab is best.
- Scabbing may last 7 to 14 days. **DO NOT PICK, PEEL, OR SCRATCH** the treated area as it could cause scarring or changes in the natural skin colour. Removing the scab could also increase healing time. If the tattoo is located in a high friction area, or if you have a tendency to scratch, cover with a bandage. Do not shave over the treated area until all scabbing has healed.
- Blisters are possible, do not pick at or pop blisters if they do occur.
- If the removal is on the face, no makeup is to be applied for 72 hours (three days) after the procedure.
- Do not expose your healing skin to direct sun, tanning beds, saunas, salt water, or chlorinated pools for 2 to 4 weeks following your procedure.
- You may continue to shower, and you can gently wash the treated area with mild soap and water, but pat dry it as soon as possible (do not rub). Do not expose the area directly under a shower spray, no scrubbing the area, do not swim or sit in a spa, and do not soak your body where the area is submerged in water.

**This pre/post treatment information is provided for information purposes only and does not intend to give medical advice. DermaEnvy Skincare Technicians do not possess medical degrees and if there are medical concerns treatment from a qualified medical professional is encouraged.**