

Tattoo Removal - Treatment Protocol

Pre-Treatment Instructions

- Avoid direct sun exposure, tanning bed and tanning products for 4 weeks prior to each treatment
- Use a broad-spectrum sunscreen of SPF 30 containing zinc oxide or titanium dioxide daily for the duration of treatments.
- Do not use medications that cause photosensitivity (such as doxycycline and minocycline) for at least 72 hours prior to each treatment.
- If you have a history of herpes (oral cold sores, genital) or shingles in the treatment area, please see your family physician and start your anti-viral medication (valacyclovir, acyclovir) as directed for 2 days prior to treatment and continue for 2 days after treatment.

Post-Treatment Instructions

- Immediately after treatment, apply a wrapped cool compress or wrapped ice pack to the treatment area for 15 minutes every 1-2 hours or as directed.
- The area may feel warm, appear swollen, reddish, or bruised. Blistering or scabbing can occur particularly if ice is not applied as directed and will generally heal in 1-2 weeks.
- Discomfort typically resolves within 1 day and can be relieved with icing .
- If the skin is irritated (without scabs or bleeding), apply sunscreen SPF 30 or greater daily. A bandage of gauze and paper tape may be applied over the area if desired, but this is not needed.
- If the tattoo is in an area prone to abrasion, for example, where pants or bra straps contact skin, keep the tattoo dressed until fully healed, and the skin is no longer shiny.
- Avoid activities that can cause flushing for 24 hours after treatment or until any swelling resolves.
- Avoid products that can cause irritations for 1 week following treatment.
- If blistering, crusting or scabbing develops, contact our office immediately.
- Use bacitracin or Aquaphor daily to keep the area moist, place a bandage over the area (as described above) and replace every day until all scabs are fully healed to prevent infection.
- Do not pick any crusted or scabbed areas as it may interfere with healing and cause scarring.
- Keep the area clean with gentle cleansing. Do not rub the area with a washcloth or towel; pat dry instead.
- Avoid direct contact with hot water (e.g., hot tubs, saunas) for 1 week following treatment.

- If swimming or participating in water activities, cover the tattoo with polysporin and gauze and place a tegaderm (or other waterproof bandage) on top of the gauze.