

## PICOWAY TATTOO REMOVAL PRE- + POST-PROCEDURE PATIENT INSTRUCTIONS

### PRE-PROCEDURE INSTRUCTIONS

- Skin should be cleaned and shaved prior to every treatment.
- The use of a topical anesthetic is optional, and can be applied when you arrive for your appointment. If you would like pre-treatment numbing ointment, please arrive at least 20 minutes prior to your scheduled appointment time.
- Avoid the sun for at least 2 weeks before treatment. Cover the tattoo with a bandage or thick layer of zinc oxide if you plan to be in the sun.
- The use of self-tanning skin products must be discontinued two weeks before treatment. Any residual self-tanner should be removed prior to treatment.
- Your provider may ask you to stop any topical medications or skin products 3-5 days prior to treatment.
- If you have had a history of perioral herpes and your tattoo is around your mouth, your provider may recommend prophylactic antiviral therapy. Follow the directions for your particular antiviral medication.

### Supply list for post-treatment care:

- Aquaphor or Neosporin
- Hydrocortisone 1%
- Non-stick gauze pads, big enough to cover the treated area
- Paper tape, self adhesive wrap, bandaids or tegaderm

### POST-PROCEDURE INSTRUCTIONS

You may experience tenderness and discomfort in the treatment area that generally dissipates within 1 week post treatment. Cold compresses can be applied as well as an over the counter (OTC) antimicrobial ointment (e.g., Bacitracin or Neosporin) and OTC 1% Hydrocortisone, a topical steroid cream, twice daily (every morning and night) for one week.

**DAY 1:** (day of treatment, up to 24 hours post treatment) Immediately after the treatment the area will be cooled, triple antibiotic ointment will be applied and then the area covered with tegaderm or a bandaid.

The first evening, wash the treatment area with unscented soap, pat dry, reapply a thin layer of triple antibacterial ointment. Redress the wound using non stick dressings and tape. Avoid any physical activity or direct heat exposure (i.e. a hot bath, sitting in a sauna, steam room, swimming, etc). Keep the area covered for up to 12 hours. If you continue to experience any discomfort, ice may be used on the area, 10 minutes on then 10 minutes off.

**DAY 2-3:** Wash the area every morning and night using unscented soap and pat the area dry. Apply the triple antibiotic every morning and night. Keep the area uncovered to allow the area to breath and heal properly. Do not pick or scratch the treated area.

**DAY 3-7:** Exercise may resume at this time. Wash the area every morning and evening with unscented soap. Pat dry. Apply triple antibiotic cream every morning and night stopping on the 7th day post treatment. Keep the area moisturized with a thin layer of antibiotic ointment or Aquaphor until fully healed and scabs are gone.

- Some tattoo inks may darken and then gradually lighten up to 2 months post treatment.
- Very important to avoid any direct sun exposure, UV exposure, or self tanner for one month post-treatment.
- Blistering is an expected side effect of the laser tattoo removal. Please do NOT pick or attempt to disrupt the blisters as this can lead to scarring and infection.
- Please call the office if the area continues to bleed, soaking the gauze after the first 24 hours. Please call the office if excessive drainage is noted, if the area is extremely tender to touch or you develop a fever of over 100.3 degrees F after 24 hours post treatment.
- The treatment area can be retattooed after the skin has healed, approximately 2-3 months after a treatment (or series of treatments).

If you have questions or concerns after business hours following a procedure, please call us at **802-861-2273** and push **option 2** to be connected to our answering service. **For a true medical emergency, call 911.**