

Laser Tattoo Removal Aftercare Instructions

Please be aware that aftercare is under your control and has a direct effect on the success of the healing and results of your laser treatment. For optimal results and to minimize the chances of adverse effects, please adhere to the following guidelines:

During the 1st Hour Following Treatment:

- ICE: It is vital to apply an ice pack to the site on and off as cooling of the treated area has shown to be effective in minimizing blistering and scabbing. Alternate the ice pack on and off every five minutes as needed. Do NOT leave the ice pack on the treated area for more than 5 minutes at a time and do NOT apply ice pack directly to skin (wrap ice pack in a paper or cloth towel). Remove the ice pack if you experience pain from it.
- REST & ELEVATION: Rest and elevate the treated area above the heart. This is especially important for tattoos on the arm/hand/leg and is absolutely imperative & required for tattoos located on the wrist, hand, ankle or foot!
- SKIN REACTIONS: The following signs and symptoms are completely NORMAL after laser treatment:
 1. The treatment site appears unchanged – the reaction may not be clinically apparent to you.
 2. The area appears white, pink, red and/or swollen and it is tender.
 3. The treatment site has pinpoint bleeding, minor blistering or a little red, yellow or clear discharge.(Please note: None of the above reactions or lack thereof indicates the effectiveness of the treatment.)

Within the First 24 Hours After Treatment:

- ICE: Continue to apply the ice pack as noted above. Again, do not ice for more than five minutes at a time.
- MOISTURIZE: Remove the gauze as soon as the ice melts from your treatment, and then start applying our EltaMD Post Laser Cream at least three times within 24 hours following treatment to decrease warmth, itchiness and irritation. You may also take liquid Benadryl[®] for itchiness as necessary.
- REST & ELEVATION: Continue to rest and elevate (this is an imperative part of proper aftercare and is required for larger tattoos and tattoos located on the wrist, hand, ankle and foot)!
- RELAX: Avoid physical activities and relax after your treatment. No dancing, prolonged standing walking, or exercise is permitted. Please do not use steam rooms, hot tubs, baths and avoid swimming.

24 Hours After Treatment - Until Site Is Completely Healed or Until Your Next Appointment

- MOISTURIZE: Continue to keep the treatment site well moisturized by using our EltaMD Post Laser Balm and applying a thick coat. Do NOT let the area dry out or scab up.
- AVOID: DO NOT USE Neosporin[®], Polysporin[®], Bacitracin[®], Aloe Vera gel or aloe plant as these products may cause an allergic reaction and/or irritation – Please only use the products we recommended to you.
- CLEANSING: You can very gently cleanse the area with a non-foaming cleanser and cool water if you like. Please DO NOT use hydrogen peroxide. Avoid liquid soaps, bar soap, scrubs and hot water.
- ACTIVITIES: Use “common sense caution”. In most cases you may resume light activities but strenuous exercise & contact sports should be avoided. Avoid activities in the sun & wear an SPF of at least 45 at all times when outside. Continue to avoid swimming pools, baths, hot tubs, steam rooms & the ocean. (For ankle tattoos wait two weeks before starting activity, avoid prolonged standing & continue to elevate as much as possible.)
- FOR ITCHING: Itching is normal. If you experience itching you may take liquid Benadryl[®] (available over-the-counter) for up to three days as directed but avoid topical Benadryl[®] sprays and creams. Applying our Elta MD pharmaceutical grade Laser Balm three times daily for itching can help significantly. Light icing may help also.
- BLISTERING: Blisters can be prevented and minimized with elevation and the avoidance of physical activity. That said, blistering may be normal. Do not “pop” blisters. Blisters will go away on their own but it may take one to two weeks for the fluid to resolve. You may use a non-stick bandage to protect the blister. If a blister breaks apply Aquaphor[®] and a non-stick bandage. If the blister is painful or large, contact us to drain it.
- HEALING: Do not pick or remove scabs or crusts that develop during the healing process. This is a leading cause of infection and can lead to scarring. Healing can take from five to 25 days (or more).
- DO NOT SMOKE: Smoking impedes healing and should be avoided during the treatment process (and forever).
- ANESTHETIC CREAM: A topical anesthetic cream may be applied just prior to your next treatment. Apply this cream sparingly and only to the area where pain is expected to occur. Do not apply this cream to broken/irritated skin or mucous membranes (mouth, vagina, anus). If the area is larger than a palm size we will apply it for you. Keep this cream out of the reach of children, do not operate a motor vehicle while wearing this cream and do not wear cream for more than 30 minutes or serious health consequences may occur.
- NEXT APPOINTMENT: The full treatment process will take multiple treatments usually spaced seven (or more) weeks apart. We may also ask you to return sooner so we can assess the treated area. Please schedule your next appointment and kindly let us know at least three days in advance if you need to reschedule it.

In the very rare event that you experience any signs of infection such as drainage, pus, excessive redness, swelling, fever, blisters, foul smelling discharge or extreme tenderness of the treated area please contact your regular physician. In addition, please call us at 713-783-2000 so we can access how to proceed.

My signature below signifies that I understand that aftercare is under my control and has a direct effect on the success of the healing and results of the treatment. I understand that following the above instructions will minimize the chances of adverse events but adverse side effects (like pain, blisters, swelling, skin discoloration, depigmentation, scarring, etc.) may still occur. I understand that following these instructions is a requirement to being treated and I agree to adhere to each and every one of the instructions I have been given. I have been given a copy of these instructions and I understand them fully. All of my questions, if any, have been asked and answered.

Print Name

Signature

Date