

Tattoo Removal

What to expect during and after your procedure

During your procedure:

- Topical anesthesia and/or local anesthesia may be applied and/or injected prior to your procedure.
- Your eyes will be protected.
- You may feel the sensation of heat (like grease "splattering" or a rubber band "snapping" against your skin).
- The tattoo will be targeted by the laser until the entire tattoo is covered.
- Cold air may be applied directly to skin surface as your tattoo is being treated to help decrease sensation of heat.

After your procedure:

- Sensation of heat/intense sunburn will subside throughout the day. It is OK to take Tylenol or Ibuprofen.
- You may notice a "white frosting" appearance over treated area. This will subside shortly after treatment.
- Pin-point bleeding may occur, redness and swelling of the treated area may occur. Swelling will vary from patient to patient and from treatment to treatment.
- An ointment (Aquaphor, Bacitracin or Vanicream Ointment) will be applied, and a bandage placed over the treated area.
- The use of ice packs (10 min. on and 10 min. off) the day of the procedure and the following day will help reduce the heat sensation & help minimize swelling.
- Swelling typically peaks at 48-72 hours. If the laser treatment is being performed on your face, sleeping with your head slightly elevated at night for the first 2-3 nights will help minimize swelling. If the laser treatment is being done on the lower extremities (legs), elevating these areas throughout the day and when sleeping at night for the first 3-5 nights will help minimize swelling.
- **NO RUBBING, PICKING OR WIPING THE TREATMENT AREA.**
- OK to shower the day of procedure. Gentle cleansing is fine.
- Crusting/scabbing may occur. This is normal, do not try to remove it and allow it to come off naturally.
- Apply ointment (Aquaphor, Bacitracin, Vanicream Ointment) daily until healed.
- Cover the treated area with a bandage to aid healing.
- Apply sunscreen with Zinc Oxide and/or Titanium Dioxide daily. Protect treated area from the sun (hat, sunglasses, sunscreen, etc.). Reapply sunscreen every 2 hours.
- A series of treatments will be necessary.

Please contact our office if you have any questions or concerns at (858)657-1002.

Additional notes/instructions:

Physician: _____ Assistant: _____ Date: _____