

# Tattoo Removal Instructions

## Prior to Procedure:

1. Avoid sun tanning and tanning beds for 2 weeks before treatment.
2. Must be off Accutane for 6 months prior to treatment.
3. Avoid Retin A, glycolics and any skin irritants 3 days prior to treatment.

## Post Treatment:

1. The treatment may create a superficial burn, bruising or swelling. There may be whitening and potential pin point bleeding of the treatment area.
2. Many patients develop blisters or scabs within 12-72 hours which can last for 1-2 weeks.
3. Loss of skin pigment in the treated area is common and usually temporary.
4. Healing is usually complete by 6-8 weeks.
5. Clean the area with soap and water and pat dry.
6. Apply a thin coat of Polysporin, Aquaphor or Vaseline up to 3 times per day. Keep the area covered with a sterile dressing.
7. For pain, you may apply a cool compress as needed for 24 hours after the treatment and you may take ibuprofen or acetaminophen as directed from the manufacturer.
8. Do not wear make-up or creams for 48 hours unless recommended by the laser technician.
9. Do not get in any swimming pools, rivers or oceans until scab is completely healed over and there is no open wound.
10. Do NOT pick, scratch or remove scabs; doing so can cause scarring.
11. Apply broad spectrum sunscreen daily (Elta MD).
12. If the area looks infected or if you are experiencing any unusual discomfort or abnormal bleeding contact our office.

**If you have any questions, please call  
The Martin Center at 251-344-7474.**