



Lumenis M22™ Q-Switched: Nd YAG Laser Tattoo Removal Pre & Post Care Instructions

PRE-TREATMENT INSTRUCTIONS

- Sun exposure, including tanning beds and the application of sunless tanning products, must be avoided for 2 weeks prior and post treatment, preferably 4 weeks. Sun Exposure, tanning, and sunless tanning products decrease the effectiveness of the laser treatment and increase the chance of post-treatment complications.
- Area to be treated must be clean, and free of any lotion, makeup, and sunscreen. If you have any of these on, they must be completely washed off prior to treatment.
- Accutane and any other photosensitizing medication should be discontinued for a period of at least 6 months prior to receiving treatment.
- Waxing and/or the use of chemical depilatories must be avoided in the treatment area for 2 weeks before and after the treatment to avoid skin sensitivity. Shaving is allowed before treatment to remove surface hair in the areas to be treated.
- This treatment can not be performed if you are pregnant
- During the course of your treatments, notify our staff of any changes to your medical history, health status, or personal activities that may be relevant to your treatment.

POST-TREATMENT INSTRUCTIONS

- Immediately after treatment, there may be “frosting” on the area that is treated. Redness and swelling is typical. Pinpoint bleeding may also occur.
- A cool compress may be applied and Tylenol is recommended for discomfort.
- The treated area should be cared for delicately until healing is complete and care should be taken to avoid trauma to the area for the first 7 days after treatment.
- Clean treated area daily allowing water or shower to run over the wound, pat the area dry. If necessary, clean the area gently with a mild anti-bacterial soap. Avoid hot and high water pressure hitting the treated area.
- Apply YovinoMD Intensive Recovery Cream or Aquaphor Healing Ointment to wound area 2-3 times a day. Keep the area moist and let the scab fall off on its own.
- Cover the treated area with gauze after thin layer of cream or ointment is applied. The treated area should be covered for the first 3 days after treatment.
- Blistering is common after laser treatment and is a natural part of the healing process. Do not be alarmed by blisters. It is important that you do not pop or pick at them. If the blister pops on its own, keep the skin over it covered with a healing ointment and gauze to promote healing and prevent scarring.
- Do **NOT** pick, peel, scrub, shave, or scratch the skin in the treatment area throughout the healing process. Itching is very common due to the dehydrating effect of the laser. Use YovinoMD Intensive Recovery Cream, Aquaphor Healing Ointment, or hydrocortisone cream to moisturize the area as it heals.
- Avoid sun exposure. When treatment area is exposed, use YovinoMD Sport Defense SPF 50+.
- **If the area looks infected(honey colored crusting oozing, spreading redness) or you have an extreme reaction, contact the office immediately. (310) 887-9999.**

Healing is usually complete in about 5 to 6 weeks depending on the patient's aftercare, immune system, and level of treatment.