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INSTRUCTIONS FOR LASER TATTOO ABLATION

PRIOR TO THE PROCEDURE

Minimize sun exposure and wear a sunblock containing zinc oxide.

Fill the prescriptions, if any and take the medications as recommended by your physician.

Purchase Aquaphor ointment

THE MORNING OF THE PROCEDURE

Cleanse the treatment areas with warm water and a mild cleanser such as Cetaphil.

About **one hour** prior to the scheduled procedure, apply a thick layer of EMLA cream under Saran Wrap cover, or other topical anesthetic as specified by your physician.

AFTER THE PROCEDURE

Apply cold compresses several times the first day as needed.

Following cold compresses, gently pat dry with a clean towel, then apply a layer of Aquaphor ointment.

If you develop blisters in the treated area, you may prick the blisters with a sterilized lancet to discharge the fluid and then reapply Aquaphor ointment with cotton swabs.

Do not wash the treated areas until the next morning. Wash the treated areas with lukewarm water. May use Cetaphil cleanser for washing. Reapply Aquaphor ointment after every cleansing.

Do not pick or scrub the treated area.

You may take OTC Advil/Motrin (Ibuprofen) 600mg four times a day or Aleve (Naprosen) 500mg twice a day to help reduce discomfort.

Drink plenty of fluid.

Avoid sun exposure for at least 4 weeks after treatment.

Your follow-up is scheduled for _____.

Please feel free to call if you have any questions or concerns.