



Client Pre & Post Care Instructions

Tattoo Removal

Thank you for scheduling your Tattoo Removal treatment with Golden Laser Aesthetics. The instructions below must be followed diligently in order to obtain optimum results.

Pre Care Instructions

- The day of treatment avoid applying any lotions, sunscreen, perfume, or other similar cosmetics to the surface of your skin.
- Shave 1 day before your session so that there is no hair outside the skin.
- Avoid extended sun exposure or tanning for 2 week pre & post treatment.
- Clients who have used Accutane within the last 12 months CANNOT have tattoo removal.
- For clients who have a history of herpes outbreaks in the areas being treated, we recommend a prescribed medication, such as Valtrex, for one week prior to the treatment to help prevent an outbreak. Ask your esthetician for a prescription.
- Discontinue medications or supplements that may thin your blood 1 week prior to vein treatments to minimize bruising and improve the success of your treatment. This includes fish oil, flaxseed oil, Vitamin E, ginkgo biloba, anti-inflammatory medications (ibuprofen, Motrin, Aleve), and red wine. If you are taking aspirin electively and not upon the advice of your physician, then you may stop it for 48 hours prior to your treatment. Do not stop aspirin if prescribed or recommended by your physician.

Post Treatment Expectations

- Keep the area that has been treated covered for the first 24-72 hours with clean gauze and apply an occlusive ointment, such as an antibiotic ointment or AnteAGE Stem Biogel. After 72 hours you can switch to a gentle, fragrance free white lotion.
- On completion of a tattoo removal treatment, patients may experience minor discomfort, swelling and redness. This discomfort will subside within a few days, and the redness will last for 48-72 hours. Once the redness is gone the treated area will look similar to the way it did prior to treatment.
- Pinpoint bleeding and/or blistering may also occur and is normal.
- Patients may gently wash the treated area as normal, do not scrub.
- The treated area may feel like sunburn. Apply ice packs or gel packs for the first few hours after treatment to reduce any discomfort or swelling. Do not apply ice directly to the healing tattoo. Most clients will not experience any significant discomfort.
- Red and green inks are the hardest to treat and may take more treatments for resolution and may never resolve.
- Depending on the type and depth of the tattoo, treatments can be as many as 10-100 treatments. It is difficult to estimate how many treatments will be needed.
- Ghosting is a possible side effect of tattoo removal (see the shadow of the image.)
- The body will absorb the broken up ink and the area should be retreated about every 6 weeks.



Post Care Instructions

- Avoid sun exposure until skin has returned to its normal baseline (no redness or swelling).
- Avoid picking or scratching the treated skin.
- Wash the treated area and pat dry for 3 days after treatment. Do not scrub.
- There are no restrictions on bathing except to treat the skin gently, as if you had sunburn, for the first 24 hours.
- DO NOT ingest aspirin or products containing Acetaminophen (Tylenol) aspirin until complete healing has occurred.
- Avoid shaving the area for at least 2 weeks post treatment.
- A post-care system is recommended for best outcome and healing. This is customized by your esthetician for best pre and post outcome. A sunblock is a must to ensure safe treatment and best outcome.
 - Recommended post-care products include a high quality SPF 30+(zinc and/or titanium dioxide >10%) and a good moisturizer, such as the AnteAGE Stem Biogel. Your esthetician will help you determine the best post-care routine for your skin.
- If an open area occurs or if the treatment area is inadvertently picked, an antibiotic ointment, such as Bacitracin, can also be applied.