

Pre-Treatment Tattoo Reduction:

- No prolonged sun exposure to the face or area being treated 1 week prior to your treatment. A treatment can is not performed on sunburned or recently tanned skin. This includes no use of tanning bed or tanning lotions.
- No treatment if currently pregnant or breastfeeding.
- No use of Accutane within the last 12 months.
- No use of antibiotics in the last 2 weeks.
- If you tend to easily bruise or swell, you may begin an OTC Arnica regimen as directed 3 days prior to treatment.
- If an active wound occurs in treatment area, please contact the office to reschedule your procedure.
- On the day of treatment keep skin clean and dry and do not apply moisturizers.



Post-Treatment Tattoo Reduction:

- Immediately following treatment, the skin may feel hot like a mild sunburn sensation. This will slowly resolve over the next few hours. Expect to be red and puffy.
- You may ice treated area to alleviate discomfort and minimize swelling (do not apply ice directly to skin).
- Change gauze dressing twice daily by gently cleansing the area with gentle soap and water; continue until re-epithelialized.
- Always keep the area moist with antibiotic ointment such as bacitracin or Aquaphor.
- Avoid sun exposure after and in between treatments. It is recommended to use a medical grade broad spectrum UVA/UVB of SPF 30 or greater at all waking hours.
- Bruising and blistering are common and may last up to several weeks.
- It is normal to experience dryness, tightness, crusting, itching, redness, bruising, soreness, and swelling that may last 3-10 days following your procedure.
- If you tend to easily bruise or swell, you may use OTC Arnica regimen as directed for 3 days following treatment.
- You may take Tylenol or Ibuprofen to alleviate discomfort and/or swelling.
- Avoid prolonged exposure to the sun for at least 1 week after treatment. It is recommended to use a medical grade broad spectrum UVA/UVB of SPF 30 or greater at all waking hours.
- Avoid sweating, steam rooms, saunas, swimming, and hot tubs until redness has resolved.
- Do not wash treatment area or shower for a minimum of 4 hours post treatment.
- Please call our office 916-242-2662 if you have any questions or concerns.

