

Precautions to take before your light-based treatment:

- No sun exposure, tanning beds and sunless tanning cream for 4 weeks prior to treatment. Sun exposure decreases the effectiveness of the laser treatment and can increase the chance of Posttreatment complications.
- Use a broad spectrum UVA/UVB sunscreen with an SPF of 30 or higher. Apply to the treated area every 2 hours when exposed to the sun and it is recommended to make this a part of your skin care routine.
- Remove all makeup, creams or oils prior to treatment.
- Be sure to inform your care provider if you have ever had cosmetic tattoos or cosmetic pigmentation or permanent makeup applied near the area of treatment

Instructions following your laser treatment:

General (Pigment and Tattoo):

- Cleanse the treated area at least daily with water and mild soap, and then pat the area dry.
- Do not rub or scratch the treated area.
- If crusting/scabbing occurs, do not shave or pick area. Apply Aquaphor ointment (tattoo) or other moisturizer (face) to the area 2-3 times a day. Keep the area moist, and let the crusting/scabbing resolve on its own.
- If you are prone to break outs or have oily skin, consider waiting 24 hours before applying any topical products
- Discomfort may be relieved by cold gel packs and/or an over the counter pain reliever, such as acetaminophen.
- Avoid contact sports or any other activity that could cause injury of the treated area.
- Avoid swimming, soaking or using hot tubs/whirlpools until the skin heals.
- Contact physician if there is any indication of infection (redness, tenderness or pus).

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Tattoo:

- After cleansing and while skin is still moist, apply a thin layer of Aquaphor[®] ointment to the treated tattoo.
- Apply a non-stick pad over the tattoo until it is healed.
- Avoid sun exposure to the treated area. Use a broad spectrum UVA/UVB sunscreen with an SPF of 30 or higher. Apply to the treated area every 2 hours when exposed to the sun and it is recommended to make this a part of your skin care routine.
- Clean area daily with mild soap and water and pat dry.
- Do not shave the treated area if crusting is evident.
- Avoid sun exposure between treatments. If sun exposure is unavoidable, apply SPF 30+ to protect exposed, treated areas.
- Apply moisturizers for sensitive skin as needed
- For patients who are prone to break outs or have sebaceous skin, consider waiting 24 hours before applying any topical products
- Do not rub or scratch the area.
- Discomfort may be relieved by using cool gel packs or acetaminophen.
- If blistering occurs, keep the area moist by applying Aquaphor 3 times per day or antibiotic ointment per recommendation of the physician. Do not enter swimming pools or hot tubs until treated areas are healed.
- No swimming or using hot tubs for 48 hours posttreatment.

Patient: _____ Date _____
(or legal guardian)