



**Recommended Pre & Post Care for Tattoo Removal or Pigment Treatments with Enlighten system**

*For best results please follow these instructions*

Before your treatment:

- No sun-tanning or self-tanners 4 weeks prior to treatment
  - Includes spray tans, tanning lotions, tanning beds, sun exposure, etc.
- Some medications or supplements may increase the risk of bruising. Let the Genesis staff know all medications, including supplements, that you are taking.
- Avoid treatments that may irritate the skin for 1-2 weeks prior to treatment (waxing, depilatories, etc.)
- Notify Genesis MedSpa with any changes to your health history or medications since your last appointment
- Inform Genesis MedSpa if you have a history of herpes or cold sores, since you may require an anti-viral prescription prior to treatment.
- If the tattoo is in an area where there is hair, please shave the area prior to your treatment.

After your treatment:

- Avoid sun exposure on the treated area for 2 to 4 weeks following treatment and use a broad spectrum (UVA/UVB) sunscreen.
- Avoid skin irritants (products containing tretinoin, retinol, benzoyl peroxide, glycolic/salicylic acids, astringents, etc.) on the treated area until the skin is fully healed and all crusting has resolved.

**PATIENT WOUND CARE INSTRUCTIONS**

- If a dressing was applied, it should be changed once a day or after a shower in the first three days of treatment.
  - Prior to removing the dressing, wash hands with soap and water, then carefully remove the dressing, gently cleanse the wound with soap and water and pat dry with a clean towel.
  - Apply Aquafor® or simple petroleum and cover with a large band-aid or non-stick gauze dressing and make sure the bandage is not too tight.
  - Some patients may require help of another person to reach tattoo treatment area on back.
  - Try not to bump or stretch treated tattoo.
  - Scabbing over the treatment area is expected and may last 7 to 14 days.
  - Do not pick scabs and avoid scrubbing the treated area when bathing.
  - Do not open or pop blisters if they occur. Contact physician's office if blisters are uncomfortable.
  - Only non-aspirin over-the-counter pain drugs such as acetaminophen should be taken for discomfort after the laser treatment.
  - Contact office if any of the following occur:
    - Bleeding that soaks the dressing or bleeding that happens after the first 24 hours
    - Increased redness or swelling
    - Uncomfortable blisters
    - Yellowish or greenish drainage coming out of the wound
    - Persistent pain that last more than 24 hours
    - Fever
  - Additional instructions: \_\_\_\_\_
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If you have any questions or concerns, contact  
Genesis MedSpa  
719-579-6890