



Treatment Instructions for Q-Switch Laser tattoo and pigmented lesion removal

Disclaimer: You are not a candidate if you are pregnant or breast feeding.

Pre-Treatment Instructions:

- If you have a history of cold sores, please inform your provider prior to treatment. The doctor will need to write a prescription to pre-treat to eliminate the chances of you developing a cold sore post treatment.
- Please inform your provider if you have metal plates, rods, screws or any history of gold therapy, lupus or connective tissue disease.
- Please notify your provider if you get post inflammatory hyperpigmentation, such as dark spots after acne or bug bites.
- Reschedule your appointment at least 48 hours in advance if you have a severe rash, cold sore or blemish in the treatment area.
- Do NOT use the following products 3 days prior or 3 days after your treatment (or until pinkness has subsided): Retin-A, retinoids, or similar vitamin A compounds, harsh scrubs or exfoliating products and bleaching creams (unless instructed otherwise by your provider).
- Discontinue Accutane 4-6 months prior to treatment.
- Do not apply any creams, lotions, perfume or makeup etc. on the area to be treated, prior to treatment.
- Avoid tanning or prolonged sun exposure 2 weeks before and 2 weeks after treatment. Sun may cause adverse reactions, as well as make your pigmentation worse.

Post-Treatment Instructions:

- Apply your ComplexCity sunscreen every 2 hours to prevent post procedure side effects, if exposed to sun.
- Apply your Post Treatment Recovery Complex 2-4 times a day for at least 3 days after each treatment to soothe the skin and to speed up the recovery process. For tattoo removal you may use Aquaphor.
- Cleanse the area with tepid warm water. Avoid extremities of heat such as: hot showers, hot tubs and saunas for 72 hours after treatment.

What To Expect:

- Immediately after treatment, the skin may look white. This will change to a dark coffee-ground like color. Do NOT scrub or use washcloths, exfoliants, or abrasive products in this area. Allow the new skin to heal and allow the scabs to fall off naturally.
- Blisters may appear; especially after tattoo removal treatment. Please contact the office if you feel like the blister is extensive and we will further instruct you.
- You will need multiple treatments for tattoo removal to see the desired result, which can vary depending on the amount of ink, extent of desired fading, and colors within the tattoo.
- For pigmented lesions 1 to 2 treatments is usually sufficient but results will vary patient to patient.