



# DR. NORKIEWICZ

GENERAL SURGERY & LASER TREATMENT CENTER of LUBBOCK

806-771-3680 • fax 806-771-3678 • 3711 22nd Street, Suite C • Lubbock, Texas 79410

## LASER TATTOO REMOVAL PRE AND POST TREATMENT INSTRUCTIONS

### Pre Treatment Instructions:

- Do not tan for four weeks prior to treatment.
- Discontinue all Retin-A, Renova, glycolic acids, Vitamin C products, and anything else that may irritate your skin, three days prior to treatment.
- Do not use tetracyclines, Zithromax, Z-pack, or St. John's Wort for seven days prior to treatment.
- Inform us if you have taken Accutane within the past six months.
- Inform us of any change in your medical history since your last visit.

### Post Treatment Instructions:

- Cool compresses may be used, if needed, to decrease swelling and redness.
- Use polysporin or other antibiotic ointment and keep covered with a dressing for a few days.
- The area may have pinpoint bleeding and blisters may form, often with ink present in the blister fluid. This is normal.
- Wash area twice a day with a gentle cleanser, cool or tepid water, and your hands only. Pat dry. Do not scrub the treated areas.
- Do not take hot showers, baths, or saunas for 48 hours after treatment.
- Refrain from vigorous exercise for 48 hours after treatment.
- Apply SPF30 sun block to the treated area. It should be applied daily, and reapplied as needed throughout the day if necessary
- Avoid unnecessary sun exposure.
- Use of Retin-A, Renova, glycolic acids, Vitamin C products, and any other potentially irritating products may be started after all irritation from the procedure resolves.