

**Mark Sawka M.D.  
Instructions**

**Pretreatment/Post treatment**

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).

*(continued)*

**Mark Sawka M.D.      Pretreatment/Post treatment Instructions (cont.)**

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 post treatment.

Patient:\_\_\_\_\_

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Date:

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