



Before and after your PicoWay laser tattoo removal treatment we recommend you adhere to the following recommendations. This will ensure the results of your treatment are optimal and help avoid unwanted side effects.

PRE TREATMENT CARE

- Avoid excessive sun exposure, tanning and sun beds for 4 weeks prior to treatment. We can not treat you if your skin is darkened since your consultation due to increased risk of burns.
- Avoid applying self tanning gels, creams and moisturisers for 2 weeks prior to treatment.

POST TREATMENT CARE

- Expect a light frosting in the treatment area after treatment. This is normal.
- Redness, swelling, blisters in the treatment area can occur and may last for several days.
- You may apply cold compress to the skin after treatment to relieve heat and discomfort. Do not rub the area.
- Your therapist will apply paw paw cream or Bepanthen after your treatment. Continue to apply 3 times a day until the area is completely healed.
- If the treated area is in contact with clothing, or you are in an environment that may contaminate the treatment area your therapist may apply a dressing to protect the area.
- **DO NOT** apply any topical gels or ointments other than what's recommended by your therapist.
- Once healed, apply SPF 30+ to the treatment area between treatments.
- Avoid excessive sun exposure and heat e.g. hair dryers, saunas until the area is completely healed.
- When bathing treat the area gently.
- Do not exfoliate or rub the skin until completely healed.
- No swimming for 48 hours after treatment.
- No spray tans or hair removal until the area is completely healed.
- Once healed the area will scab, do not pick, scratch, or rub the area. The scab will flake off in time.

POSSIBLE MINOR SIDE EFFECTS

- Minor swelling, redness, blisters, feelings of light sunburn, minor bleeding.

POSSIBLE BUT RARE SIDE EFFECTS

- Increasing swelling, redness or pain, ooze from the treatment area.

If you are unwell or concerned about any aspect of your treatment, please don't hesitate to contact the clinic so we may advise and support you.