

# lachelé

AESTHETICS & WELLNESS

## **PICO Tattoo Removal Post Treatment Instructions**

- Immediately following your procedure apply cold compress/ice. You can continue to ice the area 10 minutes at a time over the next 24 hours.
- Clean treated area daily allowing water or shower to run over the wound, and then pat the area dry. Do not rub.
- Apply a thin layer of Aquaphor ointment to the wound.
- You may apply Telfa (*non-stick*) pad over the wound until it is healed if it is in an area that gets rubbed by clothing or bumped easily.
- Blisters may form, **do NOT intentionally pop them.**
- If crusting occurs, **do not shave or pick area.** Apply Aquaphor ointment to wound area 2-3 times a day. Keep the area moist and let the scab fall off on its own. **Do NOT pick at scabs.**
- Discomfort may be relieved by ice packs or acetaminophen (*Tylenol*).
- No swimming or using hot tubs/whirlpools, or submersion** or treated area into un-clean or chemically treated water until the wound heals.
- Call us if there is any indication of blistering or infection (redness, tenderness, or pus).
- Avoid sun exposure.** Apply SPF 30+ sunblock to the area to be treated when exposed to the sun. Reapply every 2 hours. We recommend **Elta MD Sunscreens**, sold in our offices.
- Sessions needed vary person to person based off of how big the tattoo is, how much ink there is, how old the tattoo is, and how far the tattoo is from the heart. Multiple sessions may be needed for clearance.

If you have any questions or concerns, please call our offices at (855) 522-4353 and follow the prompt for your desired location. During off hours, call Dr. Espinoza's cell at (908) 303-5694. You can also email us at [team@lachele.com](mailto:team@lachele.com)