



DAY-OF & POST-TREATMENT CARE

PicoWay® Tattoo Removal Instructions

Day of Treatment:

- Leave the bandage applied in the office overnight unless it falls off, gets wet, or becomes soiled.
- Ice over the bandage every hour for 20 minutes.
- Take it easy. If your treated tattoo was on your arm or leg, keep it elevated as much as you can.

Following Day:

- Remove the original bandage
- Cleanse the area with lukewarm water and a gentle cleanser like Cetaphil. Do not rub; pat dry.
- Gently apply a thin layer of the Triamcinolone ointment and cover.
- **Repeat these steps in the evening.**

Daily After:

- Continue to gently wash the treated area(s).
- Apply Aquaphor for the next 2-10 days until fully healed, then you can switch to a skin lotion to maintain skin hydration.
- If you have a blister or skin that is not fully intact, keep it covered with a bandage until healed.

IMPORTANT: Strict sun avoidance is needed during the entire removal process.

Pain: You may take Tylenol as directed and needed.

Swelling: Ice can be applied to the treatment over the bandage to reduce swelling.

Itch- Sometimes moisturizing the area(s) with Aquaphor can help relieve the itch; otherwise, if tolerated, you can apply over-the-counter hydrocortisone cream. You may also take an oral antihistamine like Benadryl or Claritin if needed. Please be mindful that antihistamines can make you drowsy.

Blistering: If you develop a blister or blisters, it is best to leave them alone. If the blister is large or extremely uncomfortable, please call the office.

Things to Avoid: Excessive sweating, heat, or exercise for 7 days post-treatment. Avoid submerging the tattoo in water (baths, hot tubs, pools) for 7 days. Do not pick at your tattoo as it is healing.

If you have any questions or concerns, please call the office at (603) 742-5556.