

11242 FM 1960 Road West Suite #107
Houston, Texas 77065
Tel: 832-478-5669
Fax: 832-604-6226
info@inkfreemd.com
www.inkfreemd.com



AFTER CARE INSTRUCTIONS

FOR LASER TATTOO REMOVAL:

1. Immediately after your session, you can resume your regular activities. It is important that you keep the treated area clean, dry and covered with a non-stick dressing. You should change the dressing at least once a day for the first three days and apply a triple antibiotic cream.
2. Showering is fine, but it is important to avoid soaking in a bathtub or swimming pool until the area treated has fully healed. For most people this will take 1-2 weeks.
3. Blistering is a common reaction and indicates a healthy, functioning immune system. Do not pop or pick at the blisters as this may lead to scarring. Continue to apply triple antibiotic cream if blistering occurs and for 24 hours after they pop.
4. It is normal to experience stinging and burning after your treatment. This can be alleviated with cool compresses and Tylenol. Avoid taking aspirin and ibuprofen as these medications thin the blood and can cause bruising.
5. Scab formation is the final stage of the healing process and may start to occur as early as 3 days after your treatment. It is important that you do not pick at the scab or allow it to scrape off as this increases your risk of infection and scarring. Keep it moist with triple antibiotic cream or with any thick hypo-allergenic cream, such as Aquaphor. For itching, you can also use hydrocortisone.
6. In between treatments, it is important to keep the area out of the sun. Applying sunscreen with an SPF of 30 or higher is recommended. You should also avoid shaving the area until it is fully healed.
7. Your body will heal faster if you keep yourself healthy and hydrated. Regular exercise is encouraged and safe any time after your treatment sessions.
8. If you have any problems or questions after your treatment, you should contact us right away. Our doctors are available to address your concerns.

FOR LASER HAIR REMOVAL, LASER SUN/AGE/LIVER SPOT REMOVAL AND LASER SPIDER VEIN REMOVAL:

1. Simply keep this area clean, exposed to the air and let it heal naturally. Use moisturizer on the treated area without alpha-hydroxy acid and wear sunblock with an SPF 30 or higher.
2. You may immediately apply make-up and expose the area to water (sweat, shower, swim, etc.), but avoid hot showers/baths/hot tubs 24-48 hours after the treatment.

FOR LASER TOENAIL FUNGUS REMOVAL:

1. Immediately after the treatment it is OK to resume your normal activities, however please bring open-toe shoes to your appointment and wear them after your treatment.
2. Keep your feet in a fungus free environment as much as possible. As fungi and their spores thrive in warm moist environments, it is essential to do the following:
 - Keep feet clean and DRY as much as possible.
 - When possible, keep them exposed to the air.
 - Wear flip flops in public showers such as at the gym.
 - Choose your pedicurist carefully – only go to places where they sterilize their instruments in between customers.
 - Choose your socks carefully. Cotton and synthetic fibers are the worst at whisking away moisture from your feet. Merino wool is superior in keeping feet warm and dry.
 - Keep your shoes free of perspiration. This is difficult in an environment such as Houston, but there are devices such as the Sterishoe, which are designed to sterilize your shoes.
3. Apply an over the counter antifungal cream to both feet daily.