

Adverse Reactions are already a risk. Your conduct in the first 24 hours after treatment (and even as long as 2 weeks after) greatly affects whether you suffer that reaction.

### **The first 24 hours after treatment:**

**No Sun:** Treatment sites CANNOT HAVE SUN EXPOSURE or the equivalent (like tanning beds). As explained by the "Contract for Laser Services", sunlight is NOT BLOCKED by sunscreen/sunblock, clouds, clothing, or a canopy of trees. Some of the dangerous, invisible sunlight penetrates even special, UPF (ultra-violet protection factor) clothing, so no protective step gives you an excuse for ignoring the strict, 24-hour rule against sun exposure.

**Ice Compress:** As discomfort requires, apply an ice compress to the treatment site, 5 minutes on and 5 minutes off. Never apply directly to the skin.

**No Lotions:** Just as ice cannot be applied directly to the skin while it heals, neither can any lotion, except for medication to reduce the infection risk or to aid healing. So no sunless, self-tanning lotion.

**Dress and Avoid Wetting Treatment Site:** Keep the dressing clean and intact. If you must bathe or shower in the first 24 hours, keep the dressing DRY when you do so.

**Elevate:** Elevate the treatment site as often as possible. This is especially important for larger tattoos and tattoos located on the lower legs, foot/toes and/or wrist/fingers.

**Rest:** Avoid activity that (from either physical exertion or heat exposure) makes you sweaty. Even outdoors in the shade is bad. Stay in air-conditioned environments. Treatment sites that are damp/sweaty and hot (such as under a dressing) will promote bacteria.

**Hydrate:** Drink plenty of water, rather than just beverages made of water.

### **After the first 24 hours:**

**Blistering:** Temporary, fluid-filled bumps (called "blisters") are nature's "Band Aid", and they are common after treatments. If the blister's fluid is clear, keep dressing over it until it pops on its own. If the blister's fluid becomes cloudy or yellow, contact Body Details.

**Clean:** Do not clean treatment site with a direct, strong stream of water and, instead, GENTLY hand-wash with MILD soap and LUKEWARM water, rinse thoroughly, and PAT DRY. Do NOT shower or submerge site in ANY water (ocean, pool, bath) until completely healed.

**Dress:** Change the dressing daily for the next 7-12 days until the treatment site heals. First, wash your hands with soap and water, and then dry, remove old dressing, clean the site if sweaty, apply a thin coat of Aquaphor Healing Ointment (or Vaseline) over entire site, cover loosely with a new, non-stick bandage, and secure bandage with medical tape. Tape CANNOT touch the site.

**After treatment site heals:** Non-stick bandage is no longer needed, but still apply a thin coat of Aquaphor daily for 10 more days. After that, whenever outdoors use a zinc oxide or titanium dioxide sunscreen/sunblock of SPF 30+, and reapply as it sweats off or rubs off.

**Limited Sun:** Although the requirement is not as strict as during the first 24 hours, for at least 2 weeks after treatment, avoid sun exposure if possible, and cover with UPF clothing if not possible to avoid it. SPF must be worn always (meaning that it gets reapplied as the sunscreen sweats or rubs off).

**Results:** Although ink might initially brighten, after the skin heals ink normally continues to lighten.

There are foreseeable risks from these procedures, even if we do everything correctly, and what increases those risks the most is something we cannot control - whether you get "sun exposure" or otherwise deviate from these instructions.