

### **What is Laser Tattoo Removal?**

- Strictly no tanning and incidental sun exposure, including self-tanning lotions and tanning bed/booths for four weeks before and in between treatments.
- Treatment aims to remove most of the tattoo ink using a Q-switched laser.
- A series of treatments are required for tattoo removal. In addition, more may be needed for certain tattoos.
- Treatments are performed at 8 to 12 weekly intervals. Longer treatment intervals may be required as the tattoo fades.
- Results are individual and will vary. Only some pigment/ ink will fade quickly; different inks, types of tattoos, location, skin type and age of the tattoo will affect the result.
- Fading of a tattoo may continue for up to 2 years after completing the treatment course.

### **Pre- Treatment**

- Tanning (natural or fake) is a potential problem as the laser will be attracted to the active pigment recently produced in the skin surrounding the tattoo. This may cause hyper or hypopigmentation in the treatment area.
- Avoid sun exposure on the treatment area for at least four weeks pre & post-treatment and use Prevention + SPF on the treatment area if being exposed. Also, please wear clothing over the treatment area to avoid sun exposure.
- If treatment areas are on the hands, wearing cotton gloves when exposed to the sun (driving, gardening, playing outdoor sports etc.) is recommended.

### **What To Expect**

- Tattooed areas will whiten and become raised immediately after treatment. This is expected and a normal reaction; it will settle within about 30mins. The tattoo will return to its normal colour after a few hours.
- Pinpoint bleeding may occur, both on and under the skin. This will either be cleansed away or subside in the days following the treatment.
- The tattooed area may blister. Please do not break the blisters; however, keep them dressed.
- Elevation and intermittent icing will aid in healing.
- The tattoo ink will start to fade over subsequent weeks and months.
- The skin can have an "unclean", scabby look which can last 3-14 days. Keep skin moist using Solugel or Bepanthen to ensure the best healing outcomes.
- If treatment is undertaken on the lower extremities, keeping them elevated for the first 12- 24 hours post-treatment is recommended.

### **Post Treatment**

- Ensure you continue to apply an aftercare cream such as Solugel or Bepanthen and dress the area as your clinician recommends. Again, you'll follow the recommended routine to ensure the best results and optimal healing.
- Do not break blisters, should they occur.
- Strict avoidance of sun exposure in the area is essential.
- Wear SPF and protective clothing regardless of the weather daily for 4+ weeks.
- Do not scratch, pick, or rub the area. Scratching or picking will have the same result as picking any scab or pimple, which could infect or scar the site.
- No swimming, especially in pools or spas with chemical/chlorine, and no exercise or activities for 48 hours post-treatment.
- Avoid friction of the treated area.