



LASER TATTOO REMOVAL – Pre and Post Treatment

Tattoo removal is not a perfectly predictable process. Response to treatment varies person to person. Laser treatments are currently considered to be the most effective way of achieving tattoo reduction. Tattoo colors, skin types, quality of tattoos and other factors will affect the results of laser treatment. The majority of patients should observe color reduction after each session. Yellow ink is known not to respond to laser treatments. Colors other than dark ink will also not respond to treatments as vigorously, like orange, pink and light blue. It could take several treatments to observe significant tattoo reduction. The goal is to reduce the ink as much as possible. It will require multiple sessions, (unknown exact number), but the end-point is that there is no further observation of reduction. Realistic expectations are to reduce, rather than totally eliminate tattoos.

WE CAN'T TREAT:

- If you are pregnant or nursing
- If you have experienced any sporadic itching and/or swelling of your tattoo in the past before laser treatments. This indicates an allergic reaction to the ink in your tattoo. Treatment can't be performed as this could be a life threatening issue.
- Sun tanned or self tanner/spray tanned skin due to increased complications. You must wait for the tan to fade.

PRE-TREATMENT:

- You can bring a cold compress with you, which can be applied off and on for ½ hour before treatment.
- Numbing creams are ok but most are costly and need to be on for at least 45 minutes prior to treatment.
- Keep the area to be treated out of the sun for at least 2 weeks prior to treatment. You should be wearing SPF 30 or greater (UVA/UVB) prior to going outside.
- Shave area at home prior to treatment.
- You can take Tylenol prior to the procedure.
- No Retin – A, Retinols, AHAs or other topical acid products on the skin.
- Treatments can be scheduled no sooner than 8 weeks apart in the same area.

POST-TREATMENT:

- Avoid direct sun exposure, hot tubs, pool water, and salt water until the tattoo is healed.
- To decrease the risk of long lasting pigment changes, you must protect the healing skin from sun exposure with a bandage, clothing, or high level sunscreen. You may use calming/moisturizing creams.
- To prevent complications, skin care after treatment should be thoroughly followed. Do not let the area dry out. This is especially important during the first 48 hours.
- Cold compress can be used for up to 48 hours off and on.
- Hydrocortisone Cream: After treatment, apply hydrocortisone to take inflammation down. Continue until the wound is not inflamed.
- Neosporin, Aquaphor or Bacitracin (topical antibiotic): After treatment apply antibiotic to prevent infection. Continue as directed until the treatment area is healed. If the skin is broken or blisters appear, do NOT intentionally pop them; leave them and have nature take its own course. It will take a few days before the blisters eventually rupture. Clear or pink drainage after the blisters pop is normal. Avoid direct sunlight to the affected area.
- Some scabbing, blistering, light bleeding, and itching may occur. Immediately after treatment, there may be redness and swelling at the treatment site.
- For tattoos on the ankle area of feet: It is imperative not to stand or walk too long. Legs need to be elevated for at least 48 to 72 hours, or until any swelling subsides. Failure to do so will increase the probability of developing blisters and infection. Even with the most care during and after laser treatment, there is still a risk of developing blisters.
- You may shower the following day, but try to avoid water logging of the area, or scrubbing the area until it is completely healed.
- Minimize any vigorous activity for a few days to optimize healing after your laser tattoo removal treatment.

•Massage the treated area for 5-10 minutes daily after the treated area has healed (5-10 days). Daily massage will help the ink absorb.

•If the treated area appears infected contact us or your primary care physician right away for instructions.