

LASER TATTOO REMOVAL - Pre and Post Treatment

Medicine is not a precise science. Response to medical treatments is individually variable. 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, however, affect the results of laser treatment.*

Clinical experience in using laser machines for tattoo reduction has indicated that the majority of patients should observe color reduction, with variable degrees, after each session. It could take several treatments to observe significant tattoo reduction, but *statistically*, professionally-done tattoos would take 6-12 or more sessions, non-professionally ones 4-6 or more sessions. Yellow ink is known not to respond to current laser treatment. Colors other than dark ink will also not respond to treatments as vigorously. *Realistic expectations are to reduce, rather than totally eliminate tattoos. Laser treatment will be terminated when tattoos no longer show signs of further reduction.*

Skin care after each laser treatment must be thoroughly followed. Cold air, prescription-strength topical steroid, and/or special cream will be applied during your treatment. *At home, please continue cold compress, hydrocortisone, and/or Neosporin (topical antibiotics) as instructed.* Failure to do so will increase the probability of developing blisters. *Even with the most care during and after laser treatment, there is still low risk of developing blisters.*

BEFORE TREATMENT STARTS: It is important that you alert us of any medical conditions you may have and/or any prescribed medications you are taking prior to your laser tattoo removal treatment. Laser tattoo removal is not recommended if you are pregnant or nursing.

PRE TREATMENT:

1. We cannot treat sun tanned or self-tanner/spray tanned skin due to increased complications. You must wait 2 to 3 weeks until tan coloring fades.
2. Keep Treated area out of the sun for at least 2 weeks prior to treatment. A minimum SPF30 or greater (UVA/UVB) should be used for any sun exposure during your treatments prior to going outside. Sunblock is preferred to sunscreen. KEEP IT COVERED if in the sun!
3. Shave area the day prior to or on the day of the treatment (if applicable).
4. To minimize any discomfort, we recommend that you take a Tylenol a couple of hours prior to the procedure.
5. Pain medications such as Motrin, Aspirin and Aleve thin blood and promote bruising and therefore should be avoided 3 to 7 days *before* treatment.
6. No Retin-A, Retinols, AHA's or other topical acid products on skin.
7. Do not have your laser tattoo removal treatment done under the influence of alcohol or drugs. This can cause thinning of the blood, which can lead to increased bleeding and other more serious problems.
8. Notify us of any medical changes
9. Treatment can be scheduled no sooner than 5 weeks apart
10. A digital photo will be taken periodically to track the removal process.

POST TREATMENT CARE

To prevent any complications, please follow these instructions:

1. If you experience redness, swelling after treatment, apply for 2 to 3 days or until symptoms improved cold packs and *Hydrocortisone 1%* (e.g., Cortaid, available over the counter) up to 4 times daily; [] *Biafine* up to twice daily. Avoid direct sunlight to the affected area while experiencing these symptoms.
2. If the skin is broken or a blister appears, apply antibiotic ointment/cream (e.g., Neosporin, available over the counter) as directed until the treatment area is healed, and **contact us**. Clear or pink drainage after blister pops is normal.
3. An antibiotic ointment (Neosporin) may be applied daily.
4. Do not let the area dry out or scab. This is especially important during the first 48 hours.
5. You may shower the following day, but try to avoid water logging of the area, also do not scrub the area until it is completely healed.
6. Minimize any vigorous activity for a few days to optimize healing after your laser tattoo removal treatment.
7. **For tattoos located on the ankle area and 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 has subsided.

Name: _____

Date: _____

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Hours: Tuesday-Saturday 10:00 AM-6:00 PM □ www.millcreekskinlaser.com