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, degree of scarring with tattoo, 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. The goal is to reduce the ink to the most degree with current level of technology. It could require multiple sessions, unknown exact number of sessions, but the end-point is that of no further observation of reduction. Realistic expectations are to reduce, rather than totally eliminate tattoos. Laser treatment will be terminated when tattoos no longer show signs of further reduction.

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 cannot be performed as this is a life threatening issue.
- Sun tanned or self tanner/spray tanned skin, due to increased complications. You must wait 2 to 3 weeks until tan coloring fades.

PRE TREATMENT:

1. **You will need to bring** a cold compress with you, which must be applied ½ hour prior to treatment. Apply for 10-15 minutes; remove for 10-15 minutes. Do not apply for longer than 10-15 minutes at a time as the constant cold can burn the skin.
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. KEEP IT COVERED if in the sun! Our clinic carries recommended sunblock – please talk to your technician.
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 Tylenol 30 minutes 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, or other topical acid products on skin 3 to 7 days prior to treatment.
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. Treatment can be scheduled no sooner than 6 weeks apart.
9. A digital photo will be taken every session to track the removal process. A $30 processing fee will be charged to clients that want copies of their photos.

PRODUCTS/MEDICATIONS YOU WILL NEED / POST TREATMENT CARE:

To prevent any complications, strict adherence to the following protocol is required.

1. **Do not let the area dry out or scab.** This is especially important during the first 48 hours. If any blisters occur, please do not pop them. **Keep the area moist with cream or ointment, and avoid getting wet.**
2. **Cold Compress:** Immediately following treatment, apply a cold compress to the treated area and continue for up to 48 hours. Apply 15 minutes on, 15 minutes off, or as often as you can.
3. **Hydrocortisone Cream:** After treatment, apply 1% Hydrocortisone to take inflammation down. Continue with Hydrocortisone as directed until the wound has healed. 1% Hydrocortisone can be purchased over the counter.
4. **Biafine:** For more burn control, Biafine is recommended to alternate with 1% Hydrocortisone cream. Biafine can be purchased from Mill Creek Skin & Laser.
5. **Neosporin** (topical antibiotic): Neosporin should be applied if directed by a Technician, or if blisters should occur after treatment, to prevent infection. Continue as directed until the treatment area is healed. If the skin is broken or a blister(s) appears, DO NOT intentionally pop it; leave it and have nature take its own course. It will take a few days before the blister(s) eventually ruptures. Keep the area moist and avoid getting wet. Clear or pink drainage after the blister(s) pops is normal. Neosporin can be purchased over the counter.

6. **Hydroquinone Cream** (Clear or Blender): To be used prior to treatment or immediately after blister(s) has healed. This is recommended to patients who have a history of, or potentially prone to, hyperpigmentation or hypopigmentation. These products can be purchased at Mill Creek Skin & Laser.

7. **For tattoos located on the ankle area and feet**, it is imperative not to stand or walk too long. Legs needs to be elevated for at least 48 to 72 hours, or until any swelling has subsided. 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.

8. You may take anti-inflammatory medicine as directed (e.g. Motrin, Aspirin, Aleve – all available over the counter) 15 minutes after meals or Tylenol as directed. **DO NOT TAKE** anti-inflammatory medicine if you have a history of stomach ulcers or upset stomach after taking them. Tylenol is not an anti-inflammatory medicine.

9. No hot tubs or saunas for 24-48 hours after treatment. You may shower the following day but try to avoid water logging of the area. Do not scrub the area until it is completely healed.

10. Minimize any vigorous activity for a few days to optimize healing after your laser tattoo removal treatment.

11. Avoid sun exposure as much as possible. If in the sun, keep area protected. Sunblock can be put on when skin is no longer irritated. A minimum SPF 30 or greater (UVA/UVB block) should be used for any sun exposure during your treatments prior to going outside.

12. Call **425.316.8200** if you have any questions or concerns.

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Patient Name                    Patient Signature                            Date

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**Mill Creek Skin & Laser Center**
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**Hours:** Tuesday-Saturday 10:00 AM-6:00 PM