

LASER TATTOO REMOVAL

Pre and Post Treatment Instructions

IMPORTANT:

- Please alert us of any medical conditions you may have and/or any prescribed medications you are taking prior to your treatment.
- 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.
- We **CANNOT** treat you if you have been tanning, including self-tanners and spray tanning, 4-6 weeks prior to your appointment.
- If you are non-Caucasian or Caucasian with melasma, you **MUST PRE-TREAT** with 4% hydroquinone or Lytera 2.0 2-4 weeks prior to each treatment you receive at Mill Creek Skin & Laser.
- Results are individually different. We utilize the best medical grade lasers and current knowledge for tattoo reduction.

CONTRAINDICATIONS

Laser is contraindicated for those patients who:

- Are pregnant or breastfeeding
- Take anticoagulants (ex. blood thinners; Plavix; Coumadin; and the likes) or immunosuppressants.
- Take medications that alter wound healing response
- Are taking or have taken isotretinoin capsules (Accutane/Sotret, Claravis, Myorisan) within the last six months
- Have seizure disorders triggered by light
- Have Pace maker or defibrillator
- Have a history of skin cancer or exhibit suspicious lesions
- Have received gold therapy

PLEASE READ CAREFULLY

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 do not estimate the number of treatments it will take to completely remove the tattoo. This is because: (1) the wide variation of inks and pigmented materials used for tattooing; (2) the inks themselves are made up of a combination of different chemical substances; (3) the amount of ink placed in the tattoo, as well as the depth of pigment placement varies from one tattoo to another; (4) unknown factors that cannot be addressed with current technology. **As a result of these many issues we cannot be absolutely certain how your particular tattoo will respond. Due to the lack of industry standards in ink quality, and the combination of inks used in your tattoo, this makes it very difficult for us to predict the outcome of your laser tattoo removal treatment.**

Additionally, certain inks that may have been mixed together pose the risk of turning a tattoo darker. Ferric oxide and titanium oxide are commonly used for permanent make-up tattoo in lips, or eye-lining, or for cover-up tattooing for injury, scarring or dyspigmentation. Typically, we avoid obvious white or skin-tone tattoo ink that contains titanium oxide. Ferric oxide is commonly used in the red ink in permanent make-up tattooing that is typically utilized in the lips and it is as well avoided for laser treatment. **Some inks may be admixed with titanium or ferric oxide without anyone's knowledge and they will turn dark as well. It cannot be immediately detected by a laser and will take a few days to know.** Should a darkening of the tattoo result, then CO2 fractional laser may help to lighten it but you would no longer be a candidate for tattoo removal treatment.

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. **If any blisters occur, please do not pop them. Keep the area moist with cream or ointment, and avoid getting wet. Call us at 425.316.8200 to make an appointment for an evaluation.**
2. **Cold Compress: Immediately following treatment**, apply a cold compress to the treated area and continue for up to 48 hours. Apply 2-5 minutes on, 2-5 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 48-72 hours or longer after treatment until skin irritation subsides. 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.

Patient Name (Print)

Patient Signature

Date

Guardian Name (Print)

Guardian Signature

Date

Relationship