

# LASER TATTOO REMOVAL

## Treatment Preparation

Pre-treatment preparation and post-treatment care are vital steps of your Laser Tattoo Removal treatments. In order to ensure a safe treatment and to get the best results, please follow all advice provided and reach out to your treatment provider if you have any questions. Failure to follow the below advice may increase the risk of undesirable effects.

### TREATMENT PREPARATION

#### DAILY

A sunscreen with SPF 30 or greater should be applied to protect against UV damage, prevent sunburn and prevent compromised skin barrier function.

#### 4 WEEKS PRE-TREATMENT

- Avoid using fake tan and gradual tanning creams in the area to be treated.
- Avoid tanning and incidental sun exposure, including tanning beds/booths (including between treatments). The area must be covered and protected from the sun for safe and effective treatment. Failure to avoid tanning/sun exposure may cause skin pigment changes in the treatment area.
- If you are having treatment on your hands, it is recommended to wear cotton gloves when driving and when exposed to the sun.
- Avoid filler injections in the treatment area (applicable for removal of cosmetic or facial tattoos).

#### 2 WEEKS PRE-TREATMENT

- Prepare the skin with suitable skincare. This will include a tyrosinase inhibitor for Fitzpatrick Skin Types III + and any skin prone to post-inflammatory hyperpigmentation (PIHP). Your treatment provider will advise you of your skincare recommendations.
- Avoid prescription-strength exfoliant creams on the treatment area.
- Avoid antiwrinkle injections (Botox / Dysport) in the treatment area (applicable for removal of cosmetic or facial tattoos).

#### 1 WEEK PRE-TREATMENT

- Avoid benzyl peroxide application in the treatment area.

#### 3 DAYS PRE-TREATMENT

- Avoid cosmeceutical Vitamin A, AHA's & BHA's, and Vitamin C application.

#### 24 HOURS PRE-TREATMENT

- Please shave the treatment area thoroughly if required.

#### DURING THE TREATMENT

Moderate discomfort is expected as a 'flicking' sensation. This sensation should be tolerable and can be alleviated with the use of cold packs if required.

#### IMMEDIATELY AFTER & UP TO 5 DAYS POST-TREATMENT

- A sunburn-like sensation
- Swelling
- Pinpoint bleeding
- Itchy or dry skin
- Bruising
- Tenderness

Blisters can occur, especially on distal areas such as the hands and feet. To care for blisters, it is recommended to:

- Elevate the area.
- Keep the area clean and covered.
- It is important not to pick, pop or touch the area as this can lead to scar tissue forming or infection.

#### 1-3 WEEKS PRE-TREATMENT

- Transient textural changes can occur and will usually resolve within 6 months.
- Transient changes to skin pigmentation can occur weeks after initial treatment and will usually resolve within 6-12 months.
- The use of tyrosinase inhibitors in skincare pre-treatment will assist with prevention of pigmentation changes.

### ABNORMAL REACTION

Please contact your treatment provider immediately if you experience any of these responses.

- Excessive bleeding
- Persistent redness/oedema
- Blisters
- Allergic or delayed inflammatory reactions can develop.

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## Treatment Aftercare

### Daily:

1. Use sunscreen with SPF 30 or greater should be applied.
2. Avoid sun exposure to treated areas.

### For the first 24 hours post-treatment (or until redness subsides):

1. Application of Solugel/Bepathanup to 4 times per day.
2. Avoid exercise and activities that increase perspiration and body temperature.
3. Avoid extremely hot showers and baths.
4. Elevate the area to reduce inflammation.
5. Keep the area clean and covered with a dressing.

### Up to 7 days post-treatment:

1. Application of Solugel/Bepathanup to 2-3 times per day.
2. Avoid the use of scented lotions or soaps.
3. Avoid the use of pools, spas, and saunas.

### Up to 2 weeks post-treatment:

1. Keep the treated area covered with a clean dressing until the skin has healed completely
2. Avoid exfoliating the area, this includes shaving, scrubbing or the use of mitts.
3. Avoid scratching, picking, or rubbing the area. Avoid friction, such as clothing rubbing on the area.

## IMPORTANT

Contact your treatment provider if you notice any blisters, crusts or open areas. Allow these to heal spontaneously. If healing is delayed, a thin coating of antibiotic ointment may be advised.

1. Do not pick at these areas. Picking may result in infection or scarring.
2. Your treatment provider will advise you when to schedule your next appointment, as different body areas require different treatment intervals. It is essential to adhere to this regime for the best results.
3. Maintenance treatments will be required and will be ongoing.

Throughout your treatment course, it is essential to advise your treatment provider of any of the following, as these will influence treatment safety and efficacy:

- Sun exposure or fake tan application on the treatment area within the past four weeks.
- Any new health conditions, or if you have been unwell.
- Commencing any new medication (including short-term doses).
- Changes to current medications or supplements.
- If you are trying to become or become pregnant.