



Laser Tattoo Removal & Pigmentation Treatment

Client Information / After Care

Treatment Plan

- Distinctive Features Cosmetic Tattoo and Beauty is able to offer a treatment to reduce or remove the colour in tattoos and of some pigmented lesions using a Q-switched laser
- A doctor's letter confirming that no skin cancers are present is required before commencing treatment where there is skin pigmentation.
- Usually a series of treatments are required for tattoo removal, from maybe 4 to 12 treatments. More at times.
- Treatments are performed at 6 to 12 weekly intervals.
- Results will vary. Not all pigment/ink will fade easily. Different inks, types of tattoo [professional or amateur], age of tattoo, all have an effect on the ease of removal.
- Fading of tattoo may continue for up to 2 years after last laser treatment.
- It may be difficult to assess the degree of results before treatment commences, but one initial treatment will give an indication as to whether the pigment is likely to reduce, then further treatments will enhance the result.
- Smoking may hinder healing and slow it down. Smoking can also increase the amount of treatments needed to fade the tattoo.
- You need to be healthy and have a good immune system. This means eating well, drinking plenty of water, sleeping sufficiently and exercising. All will lead to a better end result.

Skin colour & Sun Exposure Issues

- Laser is attracted to melanin, the pigment [colour] found in skin.
- Some skin colours may be too dark for safe treatment, as the laser light can be attracted to the melanin in the skin surrounding the tattoo or pigmented area and may cause hyper or hypo pigmentation. [increase or loss of colour in the skin.]
- A recent tan is also a potential problem as the laser light will be attracted to the active melanin recently produced in the skin surrounding the tattoo or pigmented lesion causing hyper or hypo pigmentation. We strongly recommend you avoid sun exposure on the treatment area for at least 6 weeks pre and post treatment. At all other times use a 30+ sun block.
- Sun beds need to be avoided in the same way as sun.
- Spray on and instant tan products are coloured pigments. The skin should be clean of any such products before each treatment.
- If you are having tattoo or pigmentation treatments on the hands, wear cotton gloves when driving, gardening or playing outdoor sports.
- Wear clothing over the treated area to keep sun exposure at a minimum



Aftercare Instructions for Laser Treatment of Tattoos and Pigmentation

What to Expect

- Tattooed areas will whiten and be raised immediately after treatment. This is expected and a normal reaction. It will usually settle back to normal colour within about half an hour.
- Pinpoint bleeding may happen. This will be cleansed off after treatment.
- The tattooed area may blister. Do not break the blisters, keep them dressed.
- The tattooed area may scab. Keep clean and dressed
- The tattoo ink will start to fade over subsequent weeks and months.
- If treating pigmentation, the pigment will darken within a few minutes/hours.
- The skin can have a “dirty”, scabby look which can last from 3-4 days to 2-3 weeks when treating pigment.

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Care of Treated Area

- We will put a dressing over the treated tattoo along with a healing cream on it.
- Try and keep the area dressed and away from water for about 3 days
- Apply after-care / healing products and dress the area as recommended by your technician. It is important that you follow the recommended routine to ensure best results.
- Do not pick or scratch the area. Treat gently.
- The whitening on the treated tattoo will disappear with 20 minutes and the tattoo colour may start to fade over the weeks and months.
- The dark, scab-like areas from pigmentation treatment will eventually fall off or just disappear, leaving new, less pigmented, young skin underneath.

Precautions

- Strict avoidance of sun on the area is essential.
- Wear 30+ sun block daily on exposed areas.
- Try to wear clothing on treated area.
- If hands are treated, wear cotton gloves when driving.
- Face and neck need sun block daily, whatever the weather, and sun glasses and hat in sunny conditions.
- Do not scratch, pick or rub the area. Scratching or picking will have the same result as picking any scab or pimple, and the area could infect or scar.
- Do not go in a spa/pool/sauna or anywhere that involves chlorine/chemicals or excessive heat for at least a week after treatment.
- Avoid the gym or excessive exercise for 48 hours or more after treatment.
- Avoid friction of the treated area, ie under arms, bikini, inner thigh.