



Tattoo Removal Pre-Treatment Information

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. Yellow ink is known not to respond to current laser treatment. Colors other than dark ink will also not respond to treatments as vigorously. It could take several treatments to observe significant tattoo reduction. The goal is to reduce the ink to the most degree possible with the current level of technology. Tattoo removal requires multiple sessions, typically 5-15, but the end-point is that of no further observation of reduction. Realistic expectations are to reduce, rather than totally eliminate the tattoo.

Laser treatment will be terminated when tattoos no longer show signs of further reduction.

The following are contraindications to having treatment:

- Active Herpes Simplex Virus infection, Type 1 and 2. In an effort to prevent a 'flair up' of this condition, treatment to the upper lip, chin, lower cheeks or bikini should be avoided. The risk of complication may be reduced, if prescribed antiviral medication is taken prior to and after each treatment.
- History of keloid scarring.
- Pregnancy or breast-feeding.
- Use of photosensitizing medications (i.e. Retin A, Alpha Hydroxyl or Glycolic Acid), one week prior to treatment.
- Patients taking Accutane may not have laser treatments of any kind and must wait 6 to 12 months after finishing therapy before being treated.
- Presence of a deep suntan, sunburn, or artificially tanned skin. Avoid sun exposure and tanning, including self-tanning products for 2 weeks prior to treatment. Remove skin bronzers completely prior to treatment. A sunscreen with SPF 30 or more should be used on any treatment areas exposed to the sun. If you have recently tanned you will be instructed to stay out of the sun and return for treatment when the tan has faded.
- History of parenteral gold therapy.
- A tattoo that is less than six weeks old.

Additional Information:

- Before treatment starts it is important that you alert us of any medical conditions you may have and/or any prescribed medications/herbal supplements/essential oil lotions you are using prior to your laser tattoo removal treatment. It is also important to let us know 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. As such, TREATMENT CANNOT BE PERFORMED as this is a life threatening issue.
- Shave area the day prior to or on the day of the treatment (if applicable).
- To minimize any discomfort, we recommend that you take a Tylenol 30 minutes prior to the procedure. Pain medications such as Motrin, Aspirin and Aleve will thin blood and promote bruising and therefore should be avoided 3 to 7 days before treatment.



- 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.
- Treatments can be scheduled no sooner than 6 weeks apart
- A digital photo will be taken periodically to track the removal process.

Please call should you have any questions prior to your appointment.