

# LASER TATTOO REMOVAL PRE CARE

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**How you prepare for and care for your laser treatment will effect your results! You will be emailed a detailed explanation of your post care procedure before your appointment and your artist will also verbally explain it to you during your appointment.**

## **Before your appointment**

- Ensure any medical/skin conditions / current or previous medications have been given the OK before attending. Using Roaccutane, St Johns Wort or any medication including gold at any time may mean the appointment is not be able to go ahead.
- Do not fake tan for 4 weeks prior to your appointment
- No sun exposure or sun beds for 6 weeks prior. We cannot treat sun exposed or tanned skin for risk of burns.
- Do not drink alcohol or take painkillers 48h before
- Avoid excessive caffeine & exercise for 12 hours before
- Do not smoke/vape 4hrs before, longer if possible
- Do not tint the hairs (if applicable) for at least 2 weeks prior (fresh tint stains the skin)
- Do not use retin-A/AHA's/BHA's on the area for 7 days (if the face)
- Wear comfy clothing with easy access to the area that won't rub after treatment
- Ensure you have eaten well & have had plenty of fluids prior to your appointment (this is ESSENTIAL!)
- Ensure the area is free from creams, oils, deodorant etc
- Wearing makeup is fine but come with the treatment area makeup free (if the face)
- For lip PMU removal: If you have ever had a cold sore please begin using anti viral creams/ tablets 7 days before & after

**We reserve the right to decline treatment for safety reasons if you do not comply with any of the above & any booking fees will be lost without treatment.**

## **After your appointment you may experience any or all of the following after your treatment:**

Redness / Frosting / Darkening / Pin point bleeding / Blisters (fairly common mostly on reds) / Bruising around treated area / Swelling / Tenderness / Dry and itchy (a thin scab can form which will flake - do not pick!) / Prolonged redness of the skin

Once the initial "frosting" goes, the ink can look the same as before, darker, or lighter already. The ink should then start to be visibly less intense however this process of breaking down can take several weeks and will continue long after your treatment (up to 12 months). Hypo/hyperpigmentation can occur and is made worse with UV exposure.



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# LASER TATTOO REMOVAL AFTER CARE

## For the first 72h:

- Keep the area clean and apply a thin layer of aloe gel, or clean ice packs as needed.
- No showering/moisture
- Avoid excessive exercise/sweating.

## For 14 days:

- Do not use saunas, and avoid any other heat or moisture (steam rooms, kettle, oven etc).
- Avoid any abrasive clothes, products, rough towels or similar.
- Don't use any soaps, creams or make-up etc on or around the treatment area(s)

## Do's and Don'ts

- Do not pick the flakes! This can affect your results and give yourself scarring.
- Do not sleep on the area for 5 days or until healed.
- Do not wax, tint, laminate etc the hairs in or around the area for 4 weeks or until the area is fully healed if applicable.
- Avoid sun exposure for 6 weeks post treatment to minimise the risk of pigmentation changes.
- Do not apply anything to the area except what is advised by your technician.
- Do not wear anything tight on the area as this could irritate.
- Do support your immune system by keeping a healthy diet, drinking lots of water and getting lots of rest.
- Do take paracetamol (not aspirin) for any discomfort (unless advised not to by GP)
- Do nourish the area with Bepanthen or Vitamin E ointment after 14 days or when all flakes have gone. Arnica cream can be used once the skin has healed.
- After the first 72h, massage the area firmly and regularly in the direction of your nearest lymph nodes.

## If the treatment area is on the lower body

- Do raise lower extremities where possible to reduce swelling and aid lymphatic drainage - once the area is less tender to the touch you can do drainage massages (left to right, right to left towards nearest lymph nodes)
- If on the foot avoid shoes touching the area for a couple of days to avoid rupturing the skin and risking infection. Continue to raise the leg where possible.

**If at any point the area become increasingly red, hot, painful, or you can see pus, it is likely you are experiencing an infection and will require medical attention such as antibiotics. If this occurs, please contact us and your GP/111.**

**It is extremely important that the area isn't exposed to sun for 6 weeks before your next appointment. We cannot treat skin with an active tan. Laser tattoo removal requires multiple treatments!**



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