

LASER TATTOO REMOVAL

Pre & Post Treatment



PRE-TREATMENT INSTRUCTIONS

Follow these instructions. They are not just for best results. They reduce the risk of injury.

AT LEAST 2 WEEKS PRIOR TO TREATMENT:

- Treatment sites CANNOT HAVE SUN EXPOSURE or the equivalent (like tanning beds). For daily activities that cannot be avoided - like driving to work, school or grocery store - wear sunscreen/sunblock SPF 30+ WHICH MUST have zinc oxide or titanium dioxide.
- But if these daily activities cannot be avoided AND cause more than just a few minutes of sun exposure, neither a zinc oxide or titanium dioxide nor any other sunscreen/sunblock works. With longer sun exposure, zinc oxide or titanium dioxide sunscreen/sunblock ONLY works for someone NOT getting lasered. Instead, with longer sun exposure, treatment sites must be fully covered, but NOT with regular clothing. Special, UPF (ultra-violet protection factor) clothing must be used. However, just as dangerous, invisible sunlight penetrates clouds, some even penetrate UPF clothing. Wearing UPF clothing is not an excuse for ignoring the strict rule against sun exposure, not even on a cloudy day.
- These steps give an old tan time to fade (for most people), while avoiding a fresh tan. But old and fresh tans are not the only DANGEROUS tans. ALL tans are. Even temporary or fake tans, like from a sunless, self-tanning lotion.
- Avoid retinoids, acids/peels, or "night" creams for 3 days prior to treatment. They make your skin photosensitive - greatly increasing the risk of adverse reaction.
- Inform us of any cosmetic injections received during the 2 weeks before treatment.

24 HOURS PRIOR TO APPOINTMENT:

- The treatment area needs to be shaved in order to get a thorough treatment.
- Do not expose the treatment area to ANY high temperatures, like hot tubs, saunas, welding, ovens, open flames, heat lamps, etc.
- If you have EITHER (a) any history of perioral herpes simplex virus and getting laser treatment near your mouth or (b) any history of genital herpes simplex virus and getting a laser treatment near your bikini area, THEN have your doctor prescribe a prophylactic antiviral therapy medication for you to take the day before, the day of, AND the day after your treatment. This reduces the risk of a breakout.
- Please notify Body Details if you took ANY cold/flu medication, OVER-THE-COUNTER medications like Nyquil, Advil, Motrin, Midol, Aleve, or anything containing Ibuprofen or Naproxen.

THE DAY OF YOUR APPOINTMENT:

- The skin must be clean before treatment. Arrive with the treatment area COMPLETELY free of ANY make-up, lotion, cream or oils. Avoid applying these products on the day of your treatment because some can be difficult for you to completely remove. Some require removal with soap and water. Even if you think that you completely removed it, inform your True Laser Specialist so that they know to double-check that it is safe to treat.
- Do not use topical anesthetic cream on the treatment area, this can create a barrier between the laser and the ink. If you elect to use anesthetic cream, it may delay the process.
- Drink more water than you normally do, rather than beverages made with or containing water.
- Avoid coffee, tea, chocolate, or weight-loss products with caffeine. Unlike all the other warnings, this is not only for safety reasons, and is also for your comfort. Caffeine increases sensitivity to the laser. For extra comfort, 500-1000mg of Tylenol is recommended
- There are foreseeable risks from these procedures, even if we do everything correctly, and what increases those risks the most is something we cannot control - whether you get "sun exposure" or otherwise deviate from these instructions.

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POST-TREATMENT INSTRUCTIONS

Adverse Reactions are already a risk. Your conduct in the first 24 hours after treatment (and even as long as 2 weeks after) greatly affects whether you suffer that reaction.

AT LEAST 2 WEEKS PRIOR TO TREATMENT:

NO SUN: Treatment sites CANNOT HAVE SUN EXPOSURE or the equivalent (like tanning beds). As explained by the "Contract for Laser Services", sunlight is NOT BLOCKED by sunscreen/sunblock, clouds, clothing, or a canopy of trees. Some of the dangerous, invisible sunlight penetrates even special, UPF (ultraviolet protection factor) clothing, so no protective step gives you an excuse for ignoring the strict, 24-hour rule against sun exposure. Site may be covered with telfa pads, bandage, ace wrap, or kinesiology tape if the area will be exposed to sun.

ICE COMPRESS: May apply an ice compress to the treatment site if swelling or discomfort occurs, 5 minutes on and 5 minutes off. Never apply directly to the skin.

NO LOTIONS: Just as ice cannot be applied directly to the skin while it heals, neither can any lotion, except for medication to reduce the infection risk or to aid healing. So no sunless, self-tanning lotion.

DRESSING: Although not necessary, the tattoo may be covered if the treatment site is in an area where clothing may rub or if the treatment area has minor bleeding.

ELEVATE: Elevate the treatment site as often as possible. This is especially important for larger tattoos and tattoos located on the lower legs, foot/toes and/or wrist/fingers.

REST: Avoid activity that (from either physical exertion or heat exposure) makes you sweaty. Even outdoors in the shade is bad. Stay in air-conditioned environments. Treatment sites that are damp/sweaty and hot (such as under a dressing) will promote bacteria.

HYDRATE: Drink plenty of water, rather than just beverages made of water.

CLEANING: May clean the treatment site with water and mild soap. Do not allow a direct stream of water to hit the site until the skin is intact.

ITCHING: May apply hydrocortisone lotion directly to the treatment area if itching occurs after treatment.
Healing: May apply Vitamin E serum to help accelerate the healing process.

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AFTER THE FIRST 24 HOURS:

BLISTERING: Temporary, fluid-filled bumps (called “blisters”) are nature’s “Band Aid”, and they are common after treatments. If the blister’s fluid is clear, do not pop the blister. Once it pops on its own, apply polysporin or aquaphor to help aid in healing. If the blister’s fluid becomes cloudy or yellow, contact Body Details.

LIMITED SUN: Although the requirement is not as strict as during the first 24 hours, for at least 2 weeks after treatment, avoid sun exposure if possible, and cover with UPF clothing if not possible to avoid it. SPF must be worn always (meaning that it gets reapplied as the sunscreen sweats or rubs off). Site may be covered with telfa pads, bandage, ace wrap, or kinesiology tape if the area will be exposed to sun.

MASSAGING: Although not required, massaging with hands or theragun daily starting the day of treatment will accelerate the removal of ink particles due to increased blood flow to the treatment area.

RESULTS: Although ink might initially brighten, after the skin heals ink normally continues to lighten. There are foreseeable risks from these procedures, even if we do everything correctly, and what increases those risks the most is something we cannot control - whether you get “sun exposure” or otherwise deviate from these instructions.