



## Laser Tattoo Removal Aftercare

### Test Patch – What to Look For

Test patches are carried out to determine the treatment parameters and to judge how your skin and the tattoo might react to a full treatment. During a test patch, a small area of your tattoo will be treated and this allows the practitioner to assess how well the light energy is being absorbed and whether the skin and tattoo pigment will respond as expected.

Following the test patch, please make a note of any redness or swelling that occurs, along with how long it takes to subside. Also please let us know if the skin blisters or feels excessively hot for an extended period of time after treatment.

### Pre-Treatment Advice

1. The area to be treated should be **free from make-up, perfume, deodorant and body or face creams**.
2. There should be **no active or fake tan** in the area to be treated. Use of **sunbeds or prolonged exposure to sunlight** is not allowed in the **month prior** to treatment and a **sunscreen** of at least SPF 30 must be used on the area between treatments. Sun-tans must be left to fade completely before treatment can start. Fake tans and gradual tanning products must also be fully faded before treatment can commence.
3. We reserve the right to charge for any appointment booked but abandoned due to active sun-tan or fake tan.
4. A **medical history** is taken at consultation, but we rely on you to inform us of any changes to this. We need to know of any medication you are taking, including those bought from a chemist or herbalist.
5. Make sure that you arrive in good time for your appointment; this will allow us to pre-cool and prepare the skin if this should be required.

### Immediately After Tattoo Removal Treatment

1. The tattoo can be cooled to aid with comfort and reduce swelling.
2. Lynton **Light Soothe Serum** or aloe vera gel will be applied after treatment and it is recommended that the serum is applied 3 times daily for at least one week after treatment.
3. A small amount of bleeding may occur. A non-adherent dressing will be placed over the treated area if needed and secured with micropore tape.
4. The tattoo may appear to be bruised with a grey or purple colour after treatment. The discoloration will fade during the next 7-12 days.
5. Mild swelling, redness and tenderness can occur and will normally last for up to one week.

## Homecare Advice

1. In some instances, blisters may form in the area (more common with red tattoos) followed by a scab or thin crust. If blistering does occur keep the area **clean and dry** and allow to heal naturally. **Do not use any lotions or creams** on open skin as this may increase the risk of infection. If any scabs or crusting forms, it should be allowed to fall off on its own. The underlying skin will remain red for a few days to several weeks. **To minimise complications do not remove crusts.**
2. Showering/bathing is permitted after 24 hours. Gently pat the area dry; do not rub with a towel or washcloth.
3. Do not apply make-up on the treated area until it is fully healed.
4. **Protect the area from the sun** for the first 2 weeks. Use sunblock or avoid any sun exposure on the treated area for at least one month after treatment.
5. Massage may help disperse the pigment once the area is fully healed.
6. If the treatment area shows any signs of infection: - profound redness, pus, swelling or tenderness, inform your doctor immediately
7. Skin can develop temporary lightening (hypo-pigmentation) or darkening (hyper-pigmentation) after laser treatment. Both can be made worse by sun exposure. Pigment changes may be permanent, but will usually resolve within 3-6 months.

**If you have any urgent concerns or queries regarding the treated area, please phone the clinic for advice.**

I acknowledge receipt of this advice sheet.

Name: (print).....

Signed:..... Date:.....