



Laser & Skin Care Clinic

Tattoo Lightening with Laser Pre-Post Treatment Instructions

Proper care before and after your procedure is necessary to achieve the best results. If during your healing process you have any questions or concerns, please contact us.

Expect the Tattoo Lightening procedure to be a multi-step process. It is likely that you will have to come back for more than one treatment. Additional visits should be scheduled 8-12 weeks from the previous treatment. Keep in mind that in many cases the tattoo may fade unevenly. Please review the following directions and refer to them as necessary.

Be prepared for the initial color intensity of your procedure to be significantly brighter or darker, you will also notice it may appear very red or white immediately after the procedure. This should fade as it heals. Depending on the tattoo, the area may darken before it fades. It will take time for this transition based upon how the tattoo was applied, what it was applied with, and your own natural healing.

Pre-Treatment Instructions

Proper care before your procedure is important to help you get the best results and lower your risk of undesired side effects.

1. No recent sun exposure, tan, or use of self-tanners for a minimum of 4 weeks prior to treatment and 4 weeks after. The risk of unwanted side effects is greatly increased with sun exposure.
2. Avoid treatments that may irritate the skin like harsh chemicals, depilatories, etc. for at least 1-2 weeks before treatment and 2 to 4 weeks after treatment. This includes products containing tretinoin, retinol, benzoyl peroxide, glycolic/salicylic acids, astringents, etc. Do not resume use of these products until skin has fully healed and all crusting has resolved.
3. Treatment area should be clean shaven of all hair.
4. Moderate to significant discomfort is expected. Some areas are more sensitive than others. Topical anesthetic options are available.

Approximate Healing Schedule for Tattoo Lightening

Day:	What to Expect:
1	Tattoo may feel hot. Surface may be dark and raised. Some blistering may begin to occur, DO NOT POP BLISTERS . Apply Medical Barrier Cream (MBC) a minimum of 2 x daily. Keep tattoo covered.
2	Tattoo may be tender to the touch and/or feel hot. If tattoo blisters, new ones may be seen or blisters from day 1 appear bigger. Apply MBC a minimum of 3 x daily. Keep tattoo covered.
3-4	Tattoo may become discolored and bruised looking. Tattoo may also start itching. Keep MBC on it to help with itch. Tattoo may remain uncovered but apply MBC more often to keep moist.
5-6	Any bruising on the tattoo may begin to fade. Some scabbing may be seen. Blisters may start draining and tattoo may begin to peel. DO NOT PICK, PEEL OR SCRATCH the tattoo. Itching is normal, apply MBC frequently to help soothe itch and reduce scabbing.
7-8	Tattoo may itch frequently, apply MBC or if skin is not open a Benadryl cream. Swelling and bruising should be minimal. Skin may still peel, scab, or be patchy. Continue to apply MBC to assist in healing.
10	Scabs may have completely shed and large peeling stopped. Continue to apply MBC daily. As long as skin is not raw, client may resume using other lotions and creams.
18	Noticeable fading of tattoo may be seen. Skin may still be a bit dry and flakey, but all discomfort should be gone. Skin may appear a bit red and new where it shows through tattoo or areas close to tattoo. Fading of tattoo may continue for 12 weeks.
6 weeks	Tattoo area can be re-tattooed at this point if desired. Tattoo can also be re-treated with the laser, although we recommend waiting 8-12 weeks for best results.

NOTE: The outcome of tattoo removal procedures is dictated by the canvas (your skin) as well as the implementation process and materials used in the original tattoo. Clients should have realistic expectations as DermaHealth may not be able to achieve the desired results for tattoo lightening.



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Numbing

Apply numbing 1 hour before treatment and cover with plastic wrap or a bandage if possible. Numbing should liberally cover tattoo area. Do not use more than 4ml in a 24 hour period. Store at room temperature out of the sun. Do not use if numbing turns pink.

Tattoo Lightening with Laser Post Treatment Instructions

1. Apply provided Medical Barrier Cream or aloe vera. Keep the treatment area moist with the provided cream. You may choose to cover with a Band-Aid or non-stick gauze dressing; make sure the bandage is not too tight.
 - Apply cream at minimum 3 times a day for 3-5 days. Longer or more often if needed.
 - Keeping the area clean & applying Medical Barrier Cream frequently will help prevent scabbing/scarring.
2. Ice packs protected with a cloth may be applied as necessary to reduce soreness & swelling. Do not put ice directly on area, make sure there is a towel or cloth between the ice and your skin.
3. Wash your hands before touching any treated area. Do not expose the area to dirty or unsanitary conditions.
4. Bleeding and bruising can be expected the first day or two after the procedure.
5. Itching and scabbing is normal. Treatment area may scab but preventing the scab is best. Scabbing may last up to 14 days. **DO NOT PICK, PEEL, OR SCRATCH** the treated area as it could cause scarring or changes in the natural skin color. Removing the scab could also increase healing time. If the tattoo is located in a high friction area, or if you have a tendency to scratch, cover with a bandage. Do not shave over the treated area until all scabbing has healed.
6. Blisters are possible, do not pick at or pop blisters if they do occur. The fluid in a blister can help remove tattoo.
7. If the removal is on the face, no makeup is to be applied for 72 hours (three days) after the procedure.
8. Do not expose your healing skin to direct sun, tanning beds, saunas, salt water, or chlorinated pools for 2 to 4 weeks following your procedure.
9. You may continue to shower, and you can gently wash the treated area with mild soap and water, but pat dry it as soon as possible (do not rub). Do not swim or sit in a spa.
10. If itchiness develops and is irritating, you may apply Benadryl cream after the first week of treatment or bandage or tape over the area. Excessive scratching on the treated area may cause additional irritation and possible scarring. Do not use a cortisone cream.
11. Skin can develop temporary lightening or darkening after laser treatment. Hyperpigmentation (darkening of the skin) can be worsened with sun exposure. Hypopigmentation (lightening of the skin) may occur after multiple treatments. Pigment issues typically resolve with time but can be permanent.
12. Temporary texture changes to the skin are often noted but usually resolve with time.
13. Some tattoo inks, including many lighter and skin-tone inks, may darken or change color in response to treatment.
14. If the color is not completely faded after procedure, the process may be repeated after the skin has healed, we recommend 8-12 weeks.
15. The treated area can be re-tattooed after the skin has healed, usually after 2-3 months.
16. Please contact the office if any of the following occur:

-Bleeding that soaks the dressing or bleeding that happens after the first 24 hours	-Yellowish or greenish drainage coming out of the wound
-Increased redness or swelling more than 24 hours after procedure	-Persistent pain that last more than 24 hours
-Significantly uncomfortable blisters	-Fever exceeding 101°F

If there are any questions or concerns, please feel free to contact DermaHealth.