

This document is designed to provide information about Laser Tattoo Removal treatments, their benefits, potential risks, and alternative procedures. It is important that you read this information carefully and have all of your questions answered before signing the consent form.

**The Technology:** ADVANCED TECHNOLOGY, TRUE POWER, REAL RESULT. SO ERASE WHAT YOU NEED TO! FDA approved **LUTRONIC HOLLYWOOD SPECTRA™** Q-switched Nd:YAG laser is considered the gold standard treatment for tattoo removal. It provides multiple wavelengths of 1064 nm, 532 nm, 585 nm, and 650 nm in Q-switched ultra short pulses with proprietary capabilities to treat the widest range of tattoo colors, intensities, and depths.

**The Procedure:** The laser emits laser energy of light that gets absorbed by the ink or pigment (the “target”), causing the target to break into tiny particles which are soon removed by the body’s natural filtering and immune systems. The goal is to lighten the target in color, clear, and possibly remove over time. Tattoos are applied to be permanent so this will require a series of laser-treatment sessions, each with associated fees, paced every 10 weeks or more. It is not possible to predict how many treatment sessions will be required. The number and success of the treatments depends on many factors, like your body’s reaction to the treatment, your health, the size, the depth and density of the pigments in the tattoo, the color and composition of inks, age of the tattoo, whether it was done by a professional or amateur, your care of the treatment area after each treatment session and etc. Individual results may vary and are difficult to predict. Complete clearance cannot be guaranteed but ideal candidates can achieve significant results.

**Recommended Course of Treatment:** It is not possible to predict how many treatment sessions will be required. Individual results may vary and are difficult to predict. Multiple treatments are required ranging from 5 to 15 sessions at 10 week intervals to allow time for the body to process the particles of pigment that have been released. The tattoo will fade with each treatment, but commitment to the whole course of treatment is essential to achieve optimum results. **An in-person consultation is recommended** to assess suitability for Laser Tattoo Removal Treatments. Questionable medical conditions and medications will require a clearance from your physician.

**Contraindications** include, but are not limited to the following:

- Pregnancy or breastfeeding (Precautionary principle)
- Accutane (*isotretinoin*) in the last 6 months
- Skin cancer or suspicious lesions
- Seizure disorders triggered by light
- Chemical or mechanical depilation in the treatment area within 6 weeks of your treatment
- History of keloid scarring or abnormal wound healing
- Blood clots or treatment with anticoagulants
- Seizure disorder caused by bright light
- Recent or active infections, abrasions, or skin conditions near the treatment area
- Tanned skin (Natural or self-tanning agent), or skin recently exposed to the sun
- Poorly controlled medical conditions (*i.e. diabetes, vascular*)
- Impaired immune system and/or use of immunosuppressive medications
- Allergies to any numbing agent or solutions to be used in the treatment, if no alternatives exists
- Implanted medical devices in the treatment area
- Impaired judgment, psychological conditions, and substance or alcohol abuse.
- **Patients with unrealistic expectations**

**Risks & Possible Side Effects** include, but are not limited to the following:

- Patient failure to follow pre/post care instruction concerning appropriate activity, product use, and sun protection.
- Depending on individual tolerance level, indication, or treatment settings, patients may feel little to slight discomfort during the treatment. Topical anesthetics, cold compress, and chilled-air may be used to minimize any discomfort during treatment.
- Common expected skin reactions included whitish “frosting” over the tattoo, erythema (redness), edema (swelling), itching, stinging sensation, and slight irritation or discomfort, which may last several hours to days post-treatment. All these reactions may become re-aggravated with heat or sweating.
- Other less common reactions include petechiae (pinpoint scabbing), or purpura (bruising), which can take several days to resolve.
- The tattoo may crust or blister as the body repairs itself. This will resolve naturally.
- Activation of individual sensitivities that may include, but are not limited to Herpes Simplex, cold sores, or acne flare-up.
- Any time a skin procedure is performed infection is possible.
- Temporary skin discoloration (light or dark spots on the skin) lasting 1-6 months. Permanent skin discoloration is a very rare risk.
- Rarely, burns or scarring of the treated area may occur.
- There are risks of unforeseen complications, which can last months, years, or permanently. These are rare, but possible.

Although the majority of patients do not experience any side effects and/or complications, you should discuss each of the above with your practitioner to make sure you understand the limitations, risks, potential complications, and consequences of this aesthetic procedure.

**Alternative Procedures:** Laser Treatments are elective aesthetic procedures that are not medically necessary or required.

**Pre / Post Care Instructions:** Compliance with the recommended pre / post care instructions as well as recommended follow-up visits by your practitioner are crucial for the success of your treatment and to prevent unnecessary side effects or complications. It is your responsibility to inform your practitioner of any changes in medical history, medications, and most recent sun exposure before each treatment is performed.

### **Before Your Treatment**

- You may not be pregnant or lactating (Precautionary principle).
- Patients who have used Accutane or similar products within the last 6 months CANNOT be treated.
- Discontinue the use of any topical products that may be drying or irritating (e.g. AHAs, BHAs, retinoids) 3-7 days prior.
- Avoid anti-inflammatory drugs (NSAIDs) for at least 3 days prior. These actions may interfere with the natural inflammatory process critical to proper healing and skin rejuvenation.
- Avoid taking any blood-thinning agents for 7 days prior unless otherwise prescribed by your physician.
- Avoid unprotected sun exposure, or tanning for at least 2 weeks prior to your procedure. Always use an SPF 30 or higher containing zinc oxide and/or titanium dioxide for proper sun protection.
- Avoid other aesthetic procedures and cosmetic injections in the area(s) to be treated for 2 weeks before and after.
- If you are prone to cold sores, it is recommended to take antiviral medication for 7 days before and after.
- Stay hydrated by drinking 8+ glasses of water daily to improve results & healing time.
- Please advise your practitioner if you have any forthcoming social engagement so a personal evaluation can be made as to any possible downtime associated with the treatment.

### **Day of Treatment**

- Arrive with clean skin free of any lotion, oil, makeup, powder, or sunscreen.
- Notify your practitioner of any changes in your medication, or health status, or personal activities that may be relevant to your treatment.
- Topical numbing, chilled-air, and ice packs may be used to maximize your comfort during the treatment.

### **After Your Treatment**

- **Your practitioner will provide you with individual post-care recommendations after your procedure.**

### **General post-care information**

- Care should be taken to prevent trauma to the treated area especially for the first few days post-treatment.
- Patients will experience mild erythema (redness), mild edema (swelling), or a warm stinging (tingling) / sunburn-like sensation for several hours to days post-treatment.
- Cool compress may be used in 20 min increments until sensation subsides. DO NOT USE ICE directly on the treatment area.
- Clean the treated area twice a day with water and mild soap, and then pat the area dry.
- Avoid pressure from tight clothes.
- DO NOT pick, scratch, excessively rub or scrub the treatment area. It is imperative to allow natural healing to minimize post-treatment complications. Treat the skin gently as if you have a sunburn.
- If crusting/scabbing occurs, DO NOT rub or pick on the area. Allow crusts to fall off naturally. Apply Hydrocortisone 1% to the treated area twice a day after treatment until redness is resolved (5-7 days). If a crust is forcefully removed, scarring may occur. Keep the area moist (apply Aquaphor ointment twice a day) and let the crusting/scabbing resolve on its own.
- If blistering occurs, apply antibiotic ointment twice a day for 7 days, and cover the skin with bandage/gauze. If the blisters get bigger than a dime, pop it at the base with a sterile Lancet and press out any accumulated fluid with a clean tissue until flat. Do not tear the blister. Be gentle and patient. Blisters may refill; if so re-pop them with a lancet in the same area as last time. The Blister may refill multiple times for the next two days.
- Avoid exercise for a day or two, post-treatment.
- If you take a hot shower, take a cooler shower for a week post-treatment.
- Avoid swimming, soaking or using hot tubs/whirlpools until the skin heals.
- Avoid sun exposure to the treated area 2 weeks before and 1-month post treatment. If sun exposure is unavoidable, apply sunblock 30-50 (physical blocker with zinc and titanium oxide) every 2 hours and it is recommended to make this a part of your skin care routine.
- Do not have any other treatments for at least 2 weeks following treatment or until the skin has completely healed.

**If you experience any side effects, such as prolonged redness or swelling, histamine reaction, blisters, burns, or signs of infection please contact your practitioner immediately for proper assessment and further care instructions.**