FAQs

# Laser Tattoo Removal

1. **What is laser tattoo removal?**

The removal of unwanted tattoo with a laser. This is considered as the most effective tattoo removal procedure.

1. **How does laser remove tattoos?**

Lasers emit short pulses, which passes through the skin without cuts; to be selectively absorbed by the tattoo pigments the laser energy breaks the pigments into smaller fragments, flushing them through the lymphatic system.

1. **Is the treatment painful? Is it safe? How long will the treatment take?**

Tattoo removal will have a certain level of pain, but according to others, it is lesser than they have expected. Some even shared that it is the same kind of pain when they have their tattoos inked. Topical anesthetics are applied to ensure comfort throughout the entire procedure. Laser tattoo removal is safe and is the most effective tattoo removal procedure.

1. **How many treatments will I need to see results and how long will it stay?**

Generally, 3-10 laser tattoo removal sessions are expected to remove a tattoo. Treatments are scheduled between 4-6 weeks apart. The number of laser tattoo removal sessions will depend on the color of ink & tattoo size, skin color and location of the tattoo. Tattoo removal is permanent and promises that tattoo will get lighter the least.

1. **What to do before/after the treatment?**

**PRE-TREATMENT INSTRUCTIONS:**

* No sun exposure, tanning beds and sunless tanning cream for 4 weeks prior to treatment. Sun exposure decreases the effectiveness of the laser treatment and can increase the chance of post treatment complications.
* Use a broad-spectrum UVA/UVB sunscreen with an SPF of 30 or higher. Apply to the treated area every 2 hours when exposed to the sun and it is recommended to make this a part of your skin care routine.
* Remove all makeup, creams or oils prior to treatment.
* Patient should oblige to inform full information of any medical conditions.
* Contraindicated to pregnant women.
* No steaming, Moroccan bath, scrubbing to be done before treatment.
* Do not apply medicated creams 3 days before the treatment.
* No henna to be applied on extremities or tanning sprays.
* No exfoliations and other aesthetic procedure on the same area to be treated for at least 1 week.
* Advised to stop any non-essential blood thinners (such as aspirin) or supplements (such as fish oil) for 1 to weeks prior to the treatment

**POST-TREATMENT INSTRUCTIONS:**

* Erythema typically resolves in less than an hour but in some cases may linger for 24 hours.
* Frosting usually fades in 30 minutes. Warmth or heat sensation is expected and will last for about 1 hour.
* After cleansing and while skin is still moist, apply a thin layer of hydrating ointment to the treated tattoo.
* Apply a non-stick pad over the tattoo until it is healed.
* Avoid sun exposure to the treated area. Use a broad spectrum UVA/UVB sunscreen with an SPF of 30 or higher. Apply to the treated area every 2 hours when exposed to the sun and it is recommended to make this a part of your skin care routine.
* If blistering occurs, keep the area moist by applying moisturizer 3 times per day or antibiotic ointment per recommendation of the physician. Application of emollient healing ointments 7-10 days after treatment.
* Clean area daily with mild soap and water and pat dry. Do not rub or scratch the area.
* In case of severe itchiness, dryness or crusting, never scratch or pick the treated skin.
* Discomfort may be relieved by using cool gel packs or acetaminophen.
* Tenderness can be ameliorated with ice.
* Vesiculation and crust formation are anticipated.
* The risk of hypopigmentation in tattoo patients with dark skin. Lower fluences and/or longer laser wavelengths (e.g.1064 nm) should be used.
* Avoid contact sports or any other activity that could cause injury of the treated area.
* Avoid swimming, soaking or using hot tubs/whirlpools until the skin heals.
* Contact physician if there is any indication of infection (redness, tenderness or pus).