

The Information provided is for reference only; please consult with your LASER practitioner if you require medical advice regarding treatment.

## PROCEDURE INFORMATION ALMA HARMONY XL LASER TATTOO REMOVAL

With the overwhelming popularity of tattoos over the last ten years, the market for effective removal has exploded.

Tattoos are created by injecting colored pigment into small deep holes made in the skin. Regardless of whether a tattoo artist or an untrained individual injects the pigment, the marks or designs are relatively permanent.

### HOW DOES LASER TATTOO REMOVAL WORK?

When people subsequently want their tattoos removed, most practitioners today consider laser one of the best methods. The Q-switched Nd:YAG is the most frequently used laser for tattoo removal.

During treatment, pulses of light from the laser are directed onto the tattoo, breaking up the tattoo pigment. Over the next several weeks the body's macrophages remove the treated pigmented areas.

With the Q-switched Nd:YAG laser available on the Harmony®XL laser system, we can effectively treat dark tattoo inks, specifically black (which accounts for more than half of all tattoos), blue and green. Patients should expect to come back for several treatments to achieve expected results.

### WHAT HAPPENS DURING TREATMENT?

During the consultation, your laser therapist will carefully examine your skin to determine your suitability for treatment and the number of sessions that may be required to achieve the best results.

Treatment with the laser varies from patient to patient depending on the age, size, and type of tattoo (amateur or professional). The color of the your skin, as well as the depth to which the tattoo pigment extends, will also affect the removal technique.

The skin's reaction to the laser is patch tested to determine the most effective energy for treatment (usually done at first consultation appointment).

The treatment itself consists of placing a hand piece against the surface of the skin and activating the laser light. As many patients describe it, each pulse feels like a grease splatter or the snapping of a rubber band against the skin.

Smaller tattoos require fewer pulses while larger ones require more. In either case, the tattoo requires several treatments and multiple visits. At each treatment, the tattoo should become progressively lighter.



BEFORE



AFTER

Immediately following treatment, an ice pack is applied to soothe the treated area. A mepore dressing will be used to protect the site.

### HOW LONG DOES TREATMENT TAKE?

Treatment time depends on many factors, number of tattoos and size of treatment area, but can take less than 30 minutes.

### WHAT WILL MY SKIN LOOK LIKE AFTER TREATMENT?

The tattoo removal laser treatment may create a superficial burn wound.

Some clients may experience bruising or swelling. There is immediate whitening of the treated area, which usually lasts for several minutes.

Many clients then develop blisters, crusts, or scabs within 12-72 hours, which may last for 1-2 weeks or more. The treated areas may be pink or pale after the scab separates. Loss of skin pigment in the treated area is common, and is usually temporary. Healing is usually complete by 6-8 weeks.

### DOES IT HURT?

Most patients do not require any anesthesia. However, depending on the location of the tattoo and your pain we may elect to use a topical anesthesia. Every client in our clinic has been able to complete the procedure easily.

### ARE THERE ANY SPECIAL PRE-TREATMENT INSTRUCTIONS?

We advise you to not take any medications or supplements -- such as aspirin, ibuprofen, or vitamin E -- that can affect clotting for 10 days before treatment.

If you smoke, you should stop for two weeks before and after the procedure. **Smoking** can delay healing.



### WHAT ARE THE POSSIBLE SIDE EFFECTS?

Discomfort/burning/bruising/swelling/pigmentation/scarring/infection/blistering.

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## AFTERCARE INSTRUCTIONS

Keep the treated area clean and dry while it is healing.

Clean the area gently with soap and water and then gently pat the area dry.

You may apply a thin coating of antibiotic ointment up to three times a day while the area is healing if you keep the area covered with a sterile dressing.

You may apply cool compresses as necessary for 24 hours after the laser treatment to help reduce discomfort and inflammation. You may take plain Tylenol, but avoid aspirin (it can increase the risk of bruising and/or bleeding.)

Do not pick at the scab or allow the skin to become scraped, as this may result in infection and scarring.

Shaving should be avoided in the treated area until it is completely healed.

Do not wear makeup or any cream or medication unless recommended by us for 48 hours.

Avoid sun exposure to reduce the chance of hyperpigmentation or darker pigmentation. We strongly recommend **VAGHEGGI sunscreen SPF30** at all times throughout the course of treatment and for 3 months following treatment.

If the area looks infected (honey colored crusting/oozing/spreading redness/discomfort/bleeding) please contact us or your G.P as you may need a course of anti-biotics.

We recommend the following VAGHEGGI products to compliment your skin and treatment:

[www.vagheggi.com](http://www.vagheggi.com)

**VAGHEGGI**  
COSMECEUTICALS

VAGHEGGI exclusive Italian skin care products contain pharmaceutical grade ingredients, i.e. Phytocosmeceuticals to help deliver the best results using natural ingredients since 1975.

They are more concentrated, active & penetrate deeper than regular cosmetic products.

## VAGHEGGI EMOZIONI

protective & comforting 24hr moisturiser 50ml

Designed for post treatment delicate sensitive skin in need of extra care & nourishment with gentle ingredients to soothe, help boost natural defences & prevent flare-ups and irritation. (RRP £114.00)



## VAGHEGGI SPF30 SUNSCREEN

a sun cream to protect sensitive skin from UVA & UVB rays 50ml. (RRP £29.00)



*The VAGHEGGI exclusive POST TATTOO LASER skin care PACKAGE can be purchased for £69 (RRP £143.00)*