

# **What you should know about your PicoSure® Laser Tattoo Removal Treatment:**

## **What is the PicoSure® and how does it work?**

PicoSure® is the world's first picosecond laser for the effective removal of tattoos. PicoSure® erases unwanted ink more effectively than ever before, successfully removing difficult ink colors as well as previously treated tattoos. Laser energy is delivered to the tattoo, targeting the ink and breaking it down into smaller particles. The particles are eliminated through the body's natural processes resulting in a lightening of the tattoo ink.

## **How many treatments will be required?**

The number of laser treatments is dependent on a number of variables such as ink type, size of the tattoo, location on the body, type of laser used, lifestyle habits, etc. During your consultation, your tattoo will be evaluated, and a realistic treatment regime will be provided. Treatments may vary between 3 and 10 sessions. Results may vary.

## **What does laser tattoo removal feel like?**

For many patients, the feeling of laser tattoo removal has been compared to what it feels like when getting a tattoo; however, it is very fast. To ease any discomfort, a topical lidocaine must be purchased in our office and applied 60 minutes prior to treatment. After treatment, once the numbing cream wears off, the treated area can feel like a severe sunburn. Applying Aloe Vera gel after treatment can help alleviate some of this discomfort.

## **How often will I need treatments?**

Typically, it will take 4-8 weeks for the body to absorb the ink particles; however, every patient and tattoo responds differently.

## **How will my skin look after the treatment?**

The ideal clinical endpoint for the tattoo treatment is an immediate slight whitening or "frosting" of the skin; however, that will subside immediately after the treatment is complete. Other observable effects include mild swelling and redness. For further care instructions, please refer to the post treatment information.

## **How much will my treatment cost?**

Treatment is determined based on the size of the tattoo. There is a minimum fee of \$158 which covers a 1x2 inch area. Tattoos larger than a 1x2 inch area are determined by square inch at \$79 per inch. Packages are available.

## **Can I lighten the tattoo to have another one put on top? Can I have only a portion of my tattoo removed?**

Tattoos can be lightened in preparation for a cover-up tattoo. We recommend that you wait six weeks between your last treatment and when you have the new tattoo completed. The options for a smaller millimeter spot size allow for our laser to provide energy precise enough so that a small amount of a tattoo can be removed without affecting the surrounding tattoo. The nurse will need to evaluate your tattoo to determine if this would be an option for you.

## **Pre-Treatment Instructions:**

No sun exposure, tanning beds and sunless tanning cream for 4 weeks prior to treatment.

Use a broad-spectrum UVA/UVB sunscreen with an SPF of 30 or higher. Apply to the area to be treated every 2 hours when exposed to the sun.

Apply your numbing cream 60 minutes prior to your scheduled treatment and wrap with an occlusive dressing (such as saranwrap). This cream may be purchased in our office.

Clean shave the night before or morning of treatment if there is any hair present around or on the area of the tattoo.

## **Post-Treatment Instructions:**

After your treatment, and before you leave our office, the treated area will be cleansed and dressed with a bandage or non-stick pad. This dressing should not be removed and the area should not get wet for 24 hours after treatment. The following post treatment care instructions should be followed after the 24 hour period:

Cleanse the treated area at least once daily with water and mild soap, then pat the area dry.

After cleansing and while skin is still moist, apply a thin layer of Aloe Vera gel to the treated tattoo.

If desired, apply a non-stick pad over the tattoo until it is healed. Approximately 2 days.

Do not rub or scratch the treated area.

If crusting/scabbing occurs, do not shave or pick the area. Apply triple antibiotic ointment to the treated area 2-3 times a day. Keep the area moist and let the crusting/scabbing resolve on its own.

Discomfort may be relieved by cold gel packs and/or an over the counter pain reliever, such as acetaminophen (Tylenol®).

Avoid contact sports or any other activity that could cause injury to the treated area.

Avoid exercise, swimming, soaking or using hot tubes/whirlpools until the skin heals (about 48 hours post treatment).

Call our office if there is any indication of infection (redness, tenderness or pus).

Avoid sun exposure to the treated area for 4 weeks. 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.

If blistering occurs, keep the area moist by applying triple antibiotic ointment 3 times per day per recommendation of the physician.

**\*Following the recommended post treatment protocol will likely improve the results and reduce the chance of small adverse events. Failure to comply may result in or increase the chance of complications such as: hyper or hypopigmentation, etc.**

## **Additional Information Regarding your PicoSure® Treatment:**

### **Contraindications (You might not be a candidate if you):**

- Take medication which is known to increase sensitivity to sunlight (i.e. antibiotics).
- Have seizure disorders triggered by light.
- Take or have taken oral isotretinoin, such as Accutane, within the last six months.
- Have an active localized or systemic infection, or an open wound in area being treated.
- Have a red ink allergy.
- Have a significant systemic illness such as lupus or an illness localized in area being treated.
- Have common acquired nevi that are predisposed to the development of malignant melanoma (i.e. mole).
- Have herpes simplex in the area being treated.
- Are receiving or have received gold therapy (for Rheumatoid Arthritis).
- Are pregnant or breastfeeding (lactating).
- History of immunosuppression/immune deficiency or an auto-immune disorder.
- Coagulation disorder or currently using anticoagulation medication, including heavy use of aspirin.
- Are taking any medications that alter the wound-healing response or evidence of compromised wound healing.
- Have a history of keloid formation.
- Have a history of skin cancer or suspicious lesions in the treatment area.
- Have received any soft tissue fillers within one month *prior* to laser treatment. Have received any botulinum toxin treatments one week *prior* to laser treatment.

### **Possible Side Effects:**

- Discomfort, redness, swelling, pinpoint bleeding, blistering, scabbing, crusting and bruising.
- Pustules, skin burns, hypopigmentation, hyperpigmentation, scarring, infection and allergic reaction.
- Most of these are transient and resolve without intervention or over time.
- Post treatment blisters. These blisters are not heat induced burns; but mechanically induced by the PicoSure PressureWave. Blisters usually heal without intervention in 5-7 days.
- Hypopigmentation may be a side effect caused by any laser treatment. It is more prevalent in darker skin types. It is usually transient and resolves within 1–12 months.

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