



LASER TATTOO, PMU & PIGMENTATION REMOVAL - PRE & POST CARE

PRE CARE - PLEASE READ FULLY

Your Pre Care is an important step in achieving the desired healed results. As we are working with living tissue, ensuring the skin is in optimum condition is vital to our results. Please ensure you fully read the below and agree to follow these steps.

PRE CARE:

30 day rule for sun exposure – before & after the treatment.

No active tan must be present i.e. no pinkness, burnt skin, visibly been in the sunbathing recently.

Treatment area must be kept out of the sun, covered & 30+ SPF applied

Please stop using any anti-aging or acid based products on or near the treatment area 2-3 days prior to your appointment

No fake tan must be worn on the treatment area, this must be scrubbed off at 48 hours prior to your appointment

No botox or filler near the treatment area for at least 2 weeks before - laser also breaks this down quicker

It is advised that loose, breathable clothing is worn around the treatment area

Reduce caffeine & alcohol consumption for 24 hours prior to the appointment

ON THE DAY OF YOUR TREATMENT

You must be in good health and not pregnant.

Any medical conditions should have been discussed at the time of your booking.

Please eat before your treatment to help with blood sugar levels.

Ensure you allow plenty of time for your appointment.

NEXT 24 HOURS

Any frosting should disappear within 10 minutes. its common for the area to feel slightly warm, to experience some redness, local swelling and mild tenderness. These symptoms may disappear immediately or a few days after treatment

Do not get the area wet (cover area with cling film to shower if possible)

Avoid all heat treatments such as steam rooms, saunas, hot baths, hot showers and excessive exercise

The use of 100 % Aloe Vera gel is recommended directly after treatment and for a further few days if necessary

An ice cold compress or gel pad can be applied if the area feels hot or uncomfortable

AFTER 24 HOURS - FOR NEXT 10- 14 DAYS

Wash area with unscented antibacterial soap & water, dry thoroughly

Apply 1% hydrocortisone cream for 4-5 days, this will reduce inflammation and any itchiness

Continue to avoid all heat treatments such as steam rooms, saunas, hot baths, hot showers and excessive exercise

Avoid all perfumed creams, soaps and lotions on the treatment area. Only use Aloe Vera gel or Vitamin E lotion from day 5 - 14

Any crusts or scabbing should come away from the skin by approx. day 10

ONGOING ADVISE

A high SPF 30+ should be applied when outside for 4 weeks after treatment.

Excessive exposure can cause hypo or hyper pigmentation of the skin

NOTE: If you find the area treated is sensitive after 2 weeks, continue the list above for another week.

Treatment frequency & results:

Multiple treatments will be required – dependant on many factors but not limited to: pigment/ pigmentation type, colour, how good immune system/ metabolism is, age of Client/ pigment, healing, medications

Minimum 6 weeks between treatments, longer for more mature Clients/ smokers, recommended every 8 - 10 weeks

Questions or concerns?

Please don't hesitate to contact your practitioner about your treatment or healing process, we are always here to help

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