

Tattoo Removal Pre and Post Care Instructions

Before your treatment:

- No sun-tanning or self-tanners 4 weeks prior to treatment
 - Includes spray tans, tanning lotions, tanning beds, sun exposure, etc.
- Avoid treatments that may irritate the skin for 1-2 weeks prior to treatment (waxing, depilatories, etc.)
- Notify clinic with any changes to your health history or medications since your last appointment
- History of herpes or cold sores may require an anti-viral prescription prior to treatment if treating in the area that breakouts occur.

After your treatment:

- Keep area soft and covered with Aquaphor for 3-7 days.
- Do not shower the first 24 hours after treatment.
- Avoid sun exposure for 2 to 4 weeks following treatment and use a broad spectrum (UVA/UVB) sunscreen every day.
- Avoid skin irritants (products containing tretinoin, retinol, benzoyl peroxide, glycolic/salicylic acids, astringents, etc.) until the skin is fully healed and all crusting has resolved.

PATIENT WOUND CARE INSTRUCTIONS

- Dressing should be changed once a day or after a shower after the first three days of treatment.
- Prior to removing the dressing, wash hands with soap and water, then carefully remove the dressing, gently cleanse the wound with soap and water and pat dry with a clean towel.
- Apply Aquaphor or simple petroleum and cover with a large band-aid or non-stick gauze dressing and make sure the bandage is not too tight.
- Some patients may require help of another person to reach treatment area on back.
- Try not to bump or stretch treated tattoo.
- Scabbing over the treatment area is expected and may last 7 to 14 days.
- Do not pick scabs and avoid scrubbing the treated area when bathing.
- Do not unroof blisters if they occur. Advise patient to contact physician if blisters are uncomfortable.
- Only non-aspirin over-the-counter pain drugs such as acetaminophen should be taken for discomfort after the laser treatment.
- Contact office if any of the following occur:
 - Bleeding that soaks the dressing or bleeding that happens after the first 24 hours
 - Increased redness or swelling
 - Uncomfortable blisters

- Yellowish or greenish drainage coming out of the wound
- Persistent pain that last more than 24 hours
- Fever

FREQUENTLY ASKED QUESTIONS: enlighten™

Q: What is *enlighten*?

A: enlighten is the world's first and only dual wavelength (532 nm / 1064 nm), dual pulse duration (750 picosecond and 2 nanosecond) laser system for the treatment of tattoos and benign pigmented lesions.

Q: What are *enlighten*'s intended uses/indications for use?

A: enlighten has received FDA clearance for tattoo removal and treatment of benign pigmented lesions for skin types I-VI.

Q: Picosecond lasers are becoming more popular for laser tattoo removal. What is a picoseconds pulse?

A: enlighten features extremely short and high-power picoseconds laser pulses which efficiently and quickly break down the ink particles in tattoos. A 'picosecond' is one-trillionth of a second, and is 1,000 times shorter than the 'nanosecond' pulses used in existing lasers for tattoo removal. Picosecond laser pulses have been shown to remove tattoos more completely and in fewer treatment sessions than traditional lasers used historically in the past.

Q: What makes *enlighten* unique compared to other tattoo removal devices?

A: *enlighten* is the first device in its class to incorporate two selectable pulse durations, 750 picoseconds and 2 nanoseconds, which enables practitioners to choose the ideal pulse duration for the treatment they are performing. This increases the versatility of conditions that enlighten can treat and optimizes those treatments for the best results possible. There is no other device on the market that incorporates this capability in one device.

Q: What is the advantage of having two pulse durations?

A: Having both nanosecond and picoseconds pulse options allows the user to choose the optimal pulse duration for treatment. For larger, denser ink particles or pigment, we recommend starting with the nanosecond pulse duration. If tattoos are shaded, have lighter ink or pigment, picoseconds is the recommended pulse duration. Not all conditions require a picoseconds pulse, but when you need it, you have it.

Q: What are the benefits of *enlighten*'s 1064 and 532 wavelengths?

A: 1064 nm and 532 nm. These wavelengths were chose because of their versatility in treating tattoo ink colors and benign pigmented conditions, offering the safest and most effective treatment solutions for all skin types.

Q: What skin types can be treated with *enlighten*?

A: *enlighten* is cleared for use on skin types I-VI.

Q: How many treatment sessions are required?

A: The total number of treatments vary depending on the composition, depth and the color of ink, as well as the size of the tattoo. You should be prepared for multiple treatment

sessions, and we can give you a better idea of the total number of treatments needed during your consultation once your treatments begin.

Q: Why are multiple sessions required?

A: Tattoo ink is deposited deep in the skin. In order to reach all of the ink in the skin, multiple treatment sessions are needed for clearance. Depth, size and color of the tattoo also impact the number of treatments needed.

Q: Is the procedure painful?

A: Patients compare the procedure to a rubber band snapped against their skin. Topical or local anesthetics are available to minimize discomfort.

Q: Are there any side effects following the treatment?

A: Most patients experience redness and swelling immediately following the treatment. These side effects are temporary.