



MEDICAL SKIN & LASER

SUNSHINE COAST

Nambour Clinic Family Medicine
6 Sydney Street, Nambour
Ph: 07 54411455

enquire@nambourclinic.com.au
www.medicalskinandlaser.com.au

LASER TATTOO REMOVAL PERSONAL HISTORY AND CONSENT FORM

Surname: _____
Given Name: _____
DOB: _____

Personal history for tattoo removal

Where did you hear about us? _____

To determine your skin type, please tick one of the following:

Skin Type	Skin Colour	Reaction to First Sun Exposure Yearly	Skin Type assessed as:
I	White	Always burns, never tans	
II	White	Mainly burns, sometimes tans	
III	White/Asian	Sometimes mild burns, average tan	
IV	Moderate Brown	Rarely burns, tans with ease	
V	Dark Brown	Very rarely burns, tans very easily	
VI	Black	Never burns	

Ethic background (parents, grandparents)

Do you develop post-inflammatory pigmentation? yes / no

Tanning habits:

Have you had sun exposure in the last 4 – 6 weeks? yes / no

Have you used a solarium in the last 4 – 6 weeks? yes / no

Do you use any self tanning products or had a spray tan? yes / no

Where is your Tattoo: (please circle)

face neck chest back arms hands stomach
buttocks legs other _____

What colour is your Tattoo: (please circle)

black orange white red yellow green purple other _____

How old is your Tattoo: _____ years _____ months

Is your Tattoo:

An amateur tattoo? yes / no

A tattoo overlay? yes / no

A cosmetic tattoo? yes / no

Have you had Tattoo Removal before? yes / no

Have you tried any other methods of Tattoo Removal? yes / no

If yes, please describe:

About your health: *(If you answer yes to any questions, please give details)*

Are you currently under a Doctor's care? yes / no

Are you allergic to anything? yes / no

Are you taking any medication? yes / no

Are you taking vitamins or herbs? yes / no

Are you taking oral or topical acne medication (eg Roaccutane)? yes / no

Are you pregnant or trying to conceive? yes / no

Are you taking any Photosensitizing drugs? yes / no

(e.g. antibiotics, immunosuppressant / arthritis medication)

Do you have any of the following conditions:

Cold sores yes / no

Active Infections yes / no

Genital Herpes	yes	/	no
Skin disorders	yes	/	no
Diabetes	yes	/	no
Keloid scarring	yes	/	no
Skin cancer	yes	/	no
Epilepsy	yes	/	no
Hormonal imbalance	yes	/	no

(If you answered yes to any questions, please give details)

Do you have any important social commitments in the next month? yes / no

You must inform us of any changes to your medical history.

Client Signature Date

Print Name

Laser Technician Signature Date

Print Name



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Tattoo Removal - Client Information

At Nambour Clinic we adhere to strict Occupational Health and Safety procedures. Due to the risk associated with laser equipment, children are not permitted in treatment areas. We appreciate your respect for this policy; our priority is your children's safety.

Tattoos are of two main types, the Indian ink amateur tattoo or the multi-coloured, professional tattoo. The single colour, Indian ink amateur tattoo usually responds most satisfactorily to laser treatment. Multi-coloured, professional tattoos are much more difficult to eradicate completely. Black, blue and red colours in the tattoo are not unduly difficult to remove, but green, yellow and purple pigment can be particularly troublesome.

Treatment

The laser energy breaks up the Indian ink particles into very tiny fragments. These fragments are taken up by the scavenger cells in the skin, and carried away from the tattoo site, resulting in less tattoo pigment and a gradual disappearance of the tattoo. Indian ink tattoos may respond to as few as two treatments but usually require between six to ten treatments for them to resolve. Occasionally however, the tattoo will not resolve completely even with the best laser technology, and a little 'ghosting' of pigments remains. The reason for this resistance to laser treatment is not known but it may be that the ink is lying too deeply for the laser light to reach.

Whilst the Indian ink and red areas in a tattoo may disappear after six to ten treatments, the other colours may need considerably more treatments. Indeed, sometimes the green pigment will not disappear at all, despite the use of the most advanced laser technology. The scientific reason for this failure to respond is not known, but fortunately it is not common. However, the green pigment in the tattoo may need treating up to twenty times even with the latest and most modern laser systems.

Pain management

Most clients find laser treatments for tattoos not too uncomfortable and experience a pricking sensation in the skin. It is advisable to take pain relief approximately one hour before the treatment takes place. Topical numbing cream (1 hr prior to treatment) or ice packs can provide relief.

Possible complications

The commonest complication following laser treatment is a reactive increase in skin pigment. This increased pigment only lasts a relatively short length of time, usually three or four months, before it disappears spontaneously. This is more likely to happen in people who tan relatively easily.

Permanent whitening of the skin has been described following laser treatment of tattoos and this is more common if a very high energy level is used. However, in most people, the whitening of the skin is just a short-lived phenomenon, which recovers spontaneously over some weeks.

If your tattoo contains iron pigment, immediate pigment darkening sometimes occurs. If this happens, the laser treated area goes black. It is very important therefore, that a test be always carried out first on your tattoo so that this complication of laser treatment, which is fortunately extremely rare, can be predicted.

After treatment

Treatment always produces an immediate whitening of the skin. This is due to the microscopic release of tiny steam bubbles in your skin. This change usually lasts only a few minutes before it disappears and it is a sign that the treatment is working satisfactorily.

Once the whitening on the treated area disappears, it is not unusual for the skin to develop some redness and swelling and look inflamed; this may last for several hours. There is not usually sufficient discomfort to

inconvenience clients, but if significant discomfort is experienced, two Paracetamol tablets should be taken and the area treated with an ice pack. A soothing laser gel can be purchased at the clinic; it is beneficial in reducing inflammation caused by the laser treatment.

After the procedure you may experience some redness, swelling and scabbing, sometimes blistering. This is a normal process as the body works to eliminate the tattoo dyes. Throughout the treatments new layers of skin grow and the old tattoo is pushed towards the surface. At the same time fragmented pigment is removed internally by scavenger cells. It will eventually form a scab and then disappear, leaving fresh new skin with no tattoo.

It is unusual to develop any bleeding in the treated area at the power levels used, established during the test spot. However, occasionally higher levels may have to be used on certain tattoos, which may result in a little pinpoint bleeding. Usually all this requires, is a simple dry dressing following the procedure, antiseptic cream may be used. The bleeding does not have any other harmful consequences and does not lead to scarring.

It is unusual to develop any scarring following laser treatment as all the tattoo lasers are only in contact with the skin for literally billionths of a second and so there is not enough time for a significant build up of heat in the skin.

It is rare for the treated area to become infected because the surface of the skin is not usually broken following laser treatment of your tattoo.

After care

- Following treatment the skin should be cooled.
- Apply Aloe Vera, Pawpaw ointment or Bepanthen cream to the treated area.
- Apply a non stick dressing.
- The dressing should be left on the skin until the next day.
- After the dressing is removed the site needs to be kept very dry and alcohol wipes applied 4 times each day for 4 to 5 days.
- Avoid excessive heat in the skin (exercise, hot bath, shower, sauna etc for 24- 48 hrs).
- Do not expose treated area to the sun.
- Use SPF 30+ when in the sun as well as protective clothing.
- Do not pick or scratch.
- Avoid injury to the skin.
- If you don't develop any crusting you may remove the bandage the morning after each treatment.
- The treated area may feel slightly sunburned for a couple of days and cold packs can be applied as needed for comfort.
- The treated area may remain red & puffy for up to a few weeks.
- It's common to develop an itching sensation in the treated area even weeks after a treatment.
- if applying Pawpaw ointment or Bepanthen cream to the area doesn't decrease the itching, you can try 1% Hydrocortisone ointment or cream.
- No alcohol to be consumed for one week after the procedure.

In case of:

- If blisters form (this is not unusual, especially with early treatments, or tattoos that were done on top of another), do not puncture them. Let them reabsorb or break on their own but keep Pawpaw ointment or Bepanthen cream & a bandage over them.
- If there is any crusting or oozing from the treated area (this is not unusual, especially with early treatments) continue applying Pawpaw ointment or Bepanthen cream after cleansing and then cover with a bandage to help keep the treated area moist. Keep the treated area moist 24 hours a day until any crusting is gone.
- If you develop crusting or a scab, don't pick at it or you may cause scarring & avoid swimming or using hot tubs until it is dry.

Please call us if you develop a temperature over 38°C, or experience increasing pain, redness or oozing after the first 2 days.



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Informed Consent for Laser Tattoo Removal

I, _____ (*print name*) have been advised of the benefits and potential side effects of treatment for Tattoo Removal with Q-switched laser technology.

- 1. The possible risks of the procedure include but are not limited to** pain, swelling, redness, bruising, blistering, crusting/scab formation, ingrown hairs, infection, and unforeseen complications which can last up to many months, years or may be permanent.
- 2. There is a risk of scarring.**
- 3. Short term effects may include reddening, mild burning, temporary bruising or blistering.** A brownish/red darkening of the skin (known as **hyperpigmentation**) or lightening of the skin (known as **hypo pigmentation**) may occur. This usually resolves in weeks, but it can take up to 3-6 months to heal. Permanent colour change is a rare risk. Loss of freckles or pigmented lesions can occur.
- 4. Textual and/or colour changes in the skin can occur and can be permanent.** Many of the cosmetic tattoos and body tattoos are made with iron oxide pigments. Iron oxide can turn red-brown or black. Titanium oxide and other pigments may also turn black. This black or dark colour may be un-removable. Because of the immediate whitening of the exposed treated area by the laser, there can be a temporary obscuring of ink, which can make it difficult or impossible to notice a specific colour change from the tattoo removal process.
- 5. Infection:** Although infection following treatment is unusual, bacterial, fungal and viral infections can occur. Recurrence of herpes simplex virus infections around the mouth can occur following a treatment in this area. Should any type of skin infection occur, additional treatments or medical antibiotics may be necessary.
- 6. Bleeding:** Pinpoint bleeding is rare but can occur following treatment procedures. Should bleeding occur, additional treatment may be necessary.
- 7. Allergic Reactions:** There have been reports of hypersensitivity to the various tattoo pigments during the tattoo removal process especially if the tattoo pigment contained Mercury, cobalt or chromium. Upon dissemination, the pigments can induce a severe allergic reaction that can occur with each successive treatment.
- 8. Compliance with the aftercare guidelines is crucial for healing, prevention of scarring, and hyperpigmentation.** Aftercare guidelines include avoiding the sun for 2 months after the procedure. If it is necessary to be in the sun, a sunscreen with SPF 30+ must be used. I must advise the clinic of any sun exposure.

9. I understand that multiple treatments will be necessary to achieve desired results. No guarantee, warranty or assurance has been made to me as to the results that may be obtained. Complete tattoo removal is not always possible as tattoos were meant to be permanent.

Photographs

In relation to my initial and all subsequent treatments I advise that:

PLEASE TICK ONE BOX ONLY

- I consent to the photographic images taken being used for advertising, brochures, online material.
- I consent to the photographic images taken may be used for advertising, brochures, online material but efforts will be made to prevent my identification.
- I **do not** consent to the use of my photos being used for advertising, brochures, online material.

Acknowledgement:

- My questions regarding the procedure have been answered satisfactorily.
- I understand the procedure; I accept all risks and consent to undergoing treatment.
- I agree that photos may be taken as part of my treatment record.
- I have read and understand the Client Information, After Care Instructions and Consent Form.
- I must wear eye protection as advised by my therapist.

In relation to my initial and all subsequent treatments I advise that:

- I am not tanned from any source, including sun exposure, spray tans, solariums etc.
- I do not have a history of abnormal scarring.
- I have not taken the drug Roaccutane (or other acne medications containing accutane) in the last 6 months.
- I am aged 18 years or over (otherwise guardian to sign).

I consent to and authorise members of the Nambour Clinic Family Medicine / Medical Skin & Laser Sunshine Coast staff to perform multiple treatments, laser procedures and related services on me. The procedure planned uses laser technology for the removal of tattoos. I release Nambour Clinic Family Medicine and staff from all liabilities associated with the procedure.

Client Signature Date

Print Name

Laser Technician Signature Date

Print Name