



THE YORKSHIRE
COSMETIC LASER
CLINIC



10 things you need to know before you have a tattoo removed

Free ebook



Welcome to our guide!

If 1 in 5 of us now has a tattoo. As permanent body art rises in popularity, so does the incidence of tattoo regret. Whether your tattoo is technically poor, out of fashion, or if you simply feel it no longer reflects your personality, we can offer you the option to remove it without causing damage to your skin.

If you're thinking about having laser tattoo removal - and we'll assume you are since you took the time to download this free ebook! - this brief e-guide will tell you absolutely everything you need to know before you go ahead and take the first step towards getting rid of that tattoo.

A word of warning

Laser tattoo removal is safe and when done by a trained practitioner using high quality equipment, produces fantastic results.

However not all lasers and practitioners were created equal. The tattoo removal industry has been operating without government regulation since 2010, which means almost anyone can set themselves up as a so called tattoo removal 'specialist'. It's a worrying situation. Many have had less than 1 day of training and have bought a tattoo removal laser very cheaply online for a few hundred pounds.

This means that we are seeing an increasing number of people with burns and scars caused by untrained and inexperienced practitioners using cheap, often poorly maintained equipment. We also see many clients who have had dozens of treatments of so called 'laser removal', carried out with a substandard passive laser. The majority of these clients have seen barely any results despite being hundreds of pounds worse off!



Good news

The good news is, since you are now armed with all the information you'll need before you start the tattoo removal process you will not be amongst the people who get permanently scarred, ripped off or disappointed by your treatment.

As a little thank you for downloading this guide and taking the time to become informed, we'd like to offer you a **50% reduction in the cost of your first treatment with us** that you can redeem any time within 30 days of downloading this guide.

If you'd like to take up this offer, I recommend that you book your free consultation as soon as possible as this offer will become invalid after 30 days and we are typically very busy. Mention 'ebook' when booking to secure your discount.

We hope you enjoy this book and look forward to hearing from you soon,

Sarah Smith

Owner - The Yorkshire Cosmetic Laser Clinic



10 things you need to know

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How laser tattoo removal works

There's a bit of a misconception that its the laser that removes the ink from your body, it doesn't.

To understand how tattoo removal works you must first understand how tattooing works.

Normally, if you get anything in your body that shouldn't be there, your immune system will automatically deal with it by sending white blood cells (phagocytes) to engulf and remove the foreign body via your lymphatic system (a system of lymph nodes and vessels that covers your entire body). This is how we keep our bodies healthy and free of infection.

The reason this doesn't work to remove tattoos is because the ink used is made up of very large molecules that are not easily engulfed. Therefore, whilst the tattoo may fade with time, losing it's vibrancy and definition, your immune system will be unable to remove it; without effective treatment it stays in your system forever.

Laser tattoo removal works by breaking down these large pigment molecules. During a tattoo removal procedure, laser light is applied to the tattooed area of the skin. The light is selectively absorbed by the tattoo ink particles, leaving the surrounding skin tissue unharmed.

The tattoo ink particles absorb the laser energy, heat up, and shatter into smaller ink particles. In the days and weeks following a laser treatment, the body's immune system flushes away the shattered ink particles, causing the tattoo to fade. Over a series of treatments, more and more of the ink shatters and is removed, finally leaving the skin free of ink.



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Why use a laser?

You may have seen advertisements for tattoo removal creams and non-laser tattoo removal solutions. These are often advertised as cheap remedies which are pain free and 100% effective. I'm sorry to tell you this but these are a con.

The truth is that these are at best ineffective, at worst damaging, often resulting in permanent burns, scarring and disfigurement.

The medical research community agrees: Q-switched Nd:YAG lasers are the 'gold standard' treatment for unwanted tattoos. Decades of clinical research have consistently demonstrated how effective and safe the Q-switched Nd:YAG laser is for the purpose of tattoo removal.

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Not all lasers were created equal

Lasers vary in how powerful they are, which is why there are different classifications of lasers. All Q-Switched Nd:YAG lasers used for tattoo removal are high classification lasers, which means both the client and practitioner should wear eye protection and proper protocols must be used for safety.

Q-Switched lasers are uniquely suited to tattoo removal as they produce extremely brief pulses of energy, powerful enough to destroy the target (tattoo pigment) but brief enough not to harm the surrounding skin.

There are lots of different kinds of lasers that can be used to treat tattoos. You may hear clinics advertising that they have a Q-Switched laser, but **what is important here is whether the laser is an active or passive laser.**



Active lasers are extremely expensive to buy, but are the better option for tattoo removal as they deliver greater pulse energy and peak power. They break down tattoos much more effectively, requiring fewer sessions of treatment. Passive q-switched lasers are less powerful, cheaper to buy and far less effective.

You can tell the difference between the two because an Active Q-switched laser is usually bigger, (freestanding) and has an articulated arm, whereas a passive laser is much smaller (desktop) and has a flexible arm, like a vacuum cleaner hose (see below).





It is very important to have a consultation



I can't stress enough how important it is for you to have a consultation before you go ahead with any treatment. Consultations should **always** be free and there should be no obligation for you to book a treatment afterwards. This gives you the opportunity to visit the clinic where your treatment will be carried out, meet your practitioner, learn about the treatment and ask any questions that you may have before making the decision to go ahead (or not!) You may have the option to have your first treatment at this appointment (as at our clinic), but a consultation should always take place first.

A reputable clinic should be interested primarily in whether they can treat you safely and effectively and meet your expectations rather than getting their hands on your money. If you are not offered the option to have a consultation first, I would question your clinic's intentions.

If you're unsure, you can use the list of 'red flags' below to help you decide which clinics to avoid:

THE FOLLOWING ARE RED FLAGS

- ✎ Not assessing your tattoo in person and giving you a quote for treatments going forward
- ✎ Not completing a consultation form with you covering key points about the treatment
- ✎ Not being asked about your medical history and health
- ✎ Not being asked whether you have a sun tan or about your recent sun exposure (this is important as sun tanned skin cannot be treated).



- ✎ Failing to explain what will happen throughout your treatment including any aftercare that is advised
- ✎ A dirty or disorganised clinic
- ✎ Your practitioner does not use a new pair of single use gloves for your treatment, or paper roll on the treatment bed
- ✎ Your practitioner does not offer you goggles or glasses to protect your eyes from the laser beam (if this happens, please ask not to be treated as exposure to lasers can permanently damage your eyesight).
- ✎ There are no facilities for your practitioner to wash their hands
- ✎ There are no clinical waste facilities for your practitioner to dispose of their gloves and any soiled dressings
- ✎ Your practitioner can't answer your questions, or gives vague or confusing answers
- ✎ Your practitioner promises you that they can remove your tattoo within a set amount of sessions. Be concerned if they say this - it's almost impossible to estimate this until you have had at least one treatment (see point 8).
- ✎ You are given no aftercare instructions
- ✎ You feel uncomfortable for any reason or have a bad feeling - trust your judgement, it is usually correct!



Not all technicians were created equal

The tattoo removal industry is one that has been operating without government regulation since 2010. This lack of regulation means that laser technicians can now legally operate with the minimum level of training, often only that provided by the laser manufacturer, usually lasting less than 1 day. This is worrying, and undoubtedly the reason we are seeing increasing number of people with burns and scars from poor treatment.

Our technicians have undergone extensive training with Lynton Lasers (laser suppliers to the NHS) including Core of Knowledge, training in Advanced Skin and Laser Applications and specific Tattoo Removal training. We have a commitment to ongoing development, refreshing our training regularly.

Your technician should be able to explain the process of laser tattoo removal to you and answer all of your questions. If they cannot, or you feel that they are poorly informed or trained, please walk away.



Some colours are harder to remove than others

Some colours are harder to remove than others as all lasers operate on wavelengths targeting specific areas of the spectrum. Dark (black) ink is the easiest to remove but we also have excellent results with red ink and some other colours. Depending on the type of laser used, green ink and some blue pigment shades may prove difficult to treat.



Some tattoos will not fade completely but many will be fully removed. It is always worth having a consultation so that your technician can see your tattoo in person and give you a realistic assessment of what the 'end point' of treatment will be like for you.

It hurts a bit... but it's quick!

I'm not going to lie to you here, laser tattoo removal does hurt a bit. Our clients describe the sensation as a rubber band snapping against their skin, which although not pleasurable, isn't exactly agony either.

The bottom line is that if you can stand the pain of having a tattoo, you should be able to take the pain of removal, since it's very similar. The other thing worth mentioning is that the process is extremely quick. It takes the time that it takes the practitioner to 'trace' the laser over your tattoo, which for most tattoos will take a couple of minutes at most. When you consider that having a tattoo can take 10 times longer than having a removal session, it suddenly seems far more manageable.

Most good clinics, including ours, will also offer some kind of pre treatment cooling which helps to slightly numb the area before the laser is applied to minimise the discomfort too.



It's really hard to estimate how many sessions it will take to remove

There are so many factors that affect how quickly your tattoo will be removed that it is almost impossible to give an accurate answer to the question 'how many sessions will it take?', so be wary of practitioners promising you quick results! Once you've had your first session and we've seen the fading you've achieved it is possible to try and estimate how many sessions you might need going forward, but it is only an estimate. As the removal depends so heavily on the effectiveness of your immune system, it is hard to know just by looking at you how well that process is working.

We have seen total removal in as few as 2 sessions, but most tattoos take more sessions than this to remove. As a guide, we recommend between 6 - 10 sessions to fully remove a tattoo, spaced 6 weeks apart.

Factors that affect how quickly your tattoo is removed include:

- ↳ how effectively your immune system is working
- ↳ the placement of the tattoo
- ↳ the type of ink used
- ↳ the age of the tattoo
- ↳ whether it is professional or amateur tattoo
- ↳ whether it's a coverup
- ↳ the density of the ink
- ↳ the colours used



9 *Laser removal has great results*

Please see the images below to see how tattoos fade during different stages of treatment.





How to start the process of removal

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The first step in the process of removing a tattoo is to book a free consultation. At our clinic you have the option to have your first treatment at this session. We are offering a **50% reduction in the cost of your first treatment with us** at The Yorkshire Cosmetic Laser Clinic. You can redeem this offer any time within 30 days of downloading this guide.

If you'd like to take up this offer, we recommend that you book your free consultation as soon as possible as this offer will become invalid after 30 days and we are typically very busy. Mention the ebook when booking to secure your discount.

To book, please email

info@yorkshireclc.co.uk

or book online at

www.yorkshireclc.co.uk

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