

Dr. Yanina Nachman-Lee graduated in 1991 from KBGU Medical University in Russia. In 2005 she started working with Fotona lasers, and since 2007 she has been serving as the chief physician of the Afek Medical Center in Israel. She specializes in aesthetic laser treatments and laser tattoo removal.

## Tattoo removal with Er:YAG predrilling

Yanina Nachman-Lee

### Parameters:

	Treatments 1-2	Treatments 3-6: Step 1	Treatments 3-6: Step 2	Treatment 7
Laser source:	Q-Sw Nd:YAG	Er:YAG	Q-Sw Nd:YAG	Er:YAG
Pulse duration:	-	MSP	-	MSP
Fluence:	7-8 J/cm <sup>2</sup>	10 J/cm <sup>2</sup>	4-4.5 J/cm <sup>2</sup>	5 J/cm <sup>2</sup>
Frequency:	2.5-3 Hz	10 Hz	2.5-3 Hz	10 Hz
Handpiece:	R28	PS03	R28	FS01
Spotsize:	5-6 mm	5 mm	5 mm	-

### Treatment procedure:

The patient came to our clinic in order to remove a black tattoo on his right upper arm and shoulder. The tattoo was about 8 to 9 years old. The patient was informed that multiple treatments would be needed to completely remove the tattoo pigment.

The tattooed area was numbed using 15% lidocaine + 5% pilocarpine ointment, which was mixed with 2% lidocaine gel to achieve better absorption in comparison to ointment only. The mixture was applied to the area for 45 min. Cold-air cooling was also used during the treatment to make the procedure even more comfortable for the patient. Different techniques were used during the 7 treatment sessions that were needed for total clearance. Sometimes only Nd:YAG was used, while for the majority of the sessions a combination treatment with Er:YAG predrilling was used. The exact protocol is shown in the table. The first 2 sessions were spaced 4-6 weeks apart, while sessions 3 to 7 were spaced 8-12 weeks apart.

After each session, trolamine salicylate cream was applied and the area was bandaged for 2-3 hours.



### Clinical Bulletin

J. LAHA, Vol. 2018, No. 1; p. CB09.



Laser & Health  
ACADEMY

Published by the Laser and Health Academy. All rights reserved. © 2018

Disclaimer: The intent of this Laser and Health Academy publication is to facilitate an exchange of information on the views, research results, and clinical experiences within the medical laser community. The contents of this publication are the sole responsibility of the authors and may not in any circumstances be regarded as official product information by the medical equipment manufacturers. When in doubt please check with the manufacturers whether a specific product or application has been approved or cleared to be marketed and sold in your country.

