

Tove Nordahl is a registered surgery nurse and midwife. She completed her nurse training at the University of Oppland, Norway, from 1990-1993. She then she specialized as a surgery nurse "scrub-nurse" from 1997-1999 at the University of Oslo. In 2002 she started her midwifery education, also at Oslo University, and received her license as midwife in 2004. Together with her husband Dr. Nicolaidis, she maintains a private practice for female health care that has been using a Fotona laser since 2011 and StarWalker since 2018.



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FracTat™ Tattoo Removal

Tove Nordahl, RN

Parameters:

	First Session	Subsequent Sessions	
	Tattoo removal	Pre-drilling	Tattoo removal
Laser system:	StarWalker	StarWalker	StarWalker
Laser source:	Q-sw Nd:YAG	Q-sw Nd:YAG	Q-sw Nd:YAG
Handpiece:	R28 d	FS20A d	R28 d
Spot size	4 mm	9x9 mm	4 mm
Pulse duration:	MaQX-1	MaQX-10	MaQX-1
Energy:	4.5 - 6 J/cm ²	75 mJ/px	5-10 J/cm ²
Frequency:	2	1	2

Treatment procedure:

A 39 year-old female patient came to the office wanting to remove a professional tattoo on her back, which was made about 18 years earlier. The tattoo had not faded significantly since placement.

At the first session no predrilling was done. We used the parameters in the table above; the fluence was adjusted during the treatment according to the effect on different parts of the tattoo. During subsequent sessions the FracTat™ technique was used. Firstly, the skin was pre-drilled with the above mentioned parameters and after the bleeding stopped, a full spot treatment was performed (2 passes with about 5 minutes in between). EMLA 1 hour prior to the procedure and cold-air cooling throughout the procedure were used to minimize the discomfort of the patient. After care consisted of Cicaplast cream and Tegaderm film dressing. Four sessions were performed all together with 12 weeks in between.

The follow-up photo taken at 7 weeks after the final session shows an almost complete clearance of the tattoo ink. It is expected that pigment clearing will continue and that a more or less complete clearing will be achieved.



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During first treatment



In-between treatments



7 weeks after the 4th treatment