

Aftercare Protocol for BODY

Start the below process the morning after procedure.



PHASE 1: FIRST 48-72 HOURS



STEP 1: It is critical you wash your hands using anti-microbial soap before and after touching your wound.



STEP 2: Remove your Tegaderm (remove by peeling the Tegaderm in the same direction of hair growth, to avoid lifting of any hairs).



STEP 3: Gently clean the surrounding area of the tattoo with a sterile water wipe or sterile water and a cotton bud & allow the surrounding area to dry (**NOTE:** You must NOT wipe directly over the wound or edges).



STEP 4: Take and send a clear picture to your technician for review after the area is clean.



STEP 5: Apply a thin layer of RescueMD CatalystMD serum to the treated area and surrounding edges, using your clean finger (**NOTE:** Apply thin layer, too much serum will cause leaking).

If the tattoo being removed is on a lower limb, you MUST include RescueMD serum in your aftercare protocol to ensure proper healing. Apply a thin layer of RescueMD to the wound before applying your CatalystMD serum with each dressing change.



STEP 6: Apply a very thin layer of one of the following Osmosis Remedy, Osmosis Nourish, Osmosis Immerse or chemical free barrier ointment to the surrounding skin where the Tegaderm adheres to the skin to help minimize skin aggravation from adhesive and frequent changing. **THIS STEP IS IMPERATIVE!**



STEP 7: Reapply the Tegaderm dressing over the treated area.

NOTES:

- Allow Tegaderm to extend at least 2cm around all edges, more where possible. Do not apply excess pressure as this will spread the serums underneath and limit Tegaderm adhesion.
- Apply the Tegaderm from the bottom up, pressing only around the edges to minimize leakage.



REPEAT the above every morning and evening until your 48-72-hour review appointment.

FOLLOWING YOUR 48-72 HOUR REVIEW

PHASE 2: UP TO 3 WEEKS



STEP 1: Continue your aftercare as instructed in Phase 1, steps 1-6, ending with applying serums.



STEP 2: Cut and apply a small piece of plastic film/cling to treated area. This enables maximum absorption of the prescribed serums and increases ink chelation process.



STEP 3: Apply a reusable silicone bandage on top of the plastic. This enables maximum absorption of the serums and increases ink chelation.

NOTES:

- When using silicone, Do NOT use a barrier ointment on the surrounding skin or else the silicone bandage will not adhere to the skin. The surrounding skin must be clean and dry, free of all debris and oils and the silicone must be clean and dry.
- Make sure the silicone is larger than the treated area and plastic film, to ensure it adheres along the edges of the clean dry skin.

It is essential to keep the area covered until either the wound is closed or up to 21 days post procedure.

In the event the client is allergic to silicone, only apply a larger plastic wrap on top of the area. If the plastic wrap doesn't stay in place, you may use a gentle medical tape, loose cohesive bandage, or wrap. If using bandage that has adhesive, it is imperative to apply a barrier ointment as described above, to avoid adhesive irritation. During this protocol you will need to change your dressing and apply prescribed serums a minimum of 3x daily to prevent the tattoo from drying out too fast.

In the event of an adhesive sensitivity, discontinue use of any tapes and silicone and consult your technician.

IMPORTANT:

If leaving uncovered and choosing to not Moist Wound Heal, a scab may form.

- ✘ DO NOT pick any scab that may have developed and allow the scab to fall away naturally.
- ✘ DO NOT allow the scab to get wet with any product/water apart from prescribed serums.
- ☆ **Please understand allowing the wound to dry out increases the risk of infection and scar tissue formation and less ink will be removed, reapplication of serum several times a day will help keep area moist.**

PHASE 3: AFTER WOUND CLOSES

As your wound closes, and under advisement of your technician, you may discontinue use of the plastic wrap and move to prescribed serums & silicone only.

We encourage you to wear the silicone 24 hours a day. (SEE AFTERCARE NOTES)

PHASE 3: IF WOUND OPEN

If your wound has NOT closed by 21 days post treatment - Stop covering the area and allow the wound to dry out. A small scab will likely form. During this period, apply prescribed serums a minimum of 3x per day.

- Do NOT pick any scab that has formed.
- Allow the scab to fall away naturally.
- Do NOT allow the scab to get wet with any product/water apart from prescribed serums.

Continue this process for up to 8 weeks or until your next treatment.

WHAT TO EXPECT:

- Day of treatment, while the majority of clients feel no discomfort, some may experience a bit of pain.
- Immediately following treatment, the area may be swollen, may feel stingy, tenderness and in rare cases bruising may be present.
- Some experience minor pain or discomfort the first 1-2 weeks of the healing process.
- The area may have slight swelling and redness in the immediate area or treated edges.
- Due to the Vitamin C in the **CatalystMD** serum, some clients feel a stingy or burning sensation upon each application. This is normal and usually settles within 20 minutes.
- The treated area will ooze and look different in color (colour). The fluid from the wound can appear thick/goosey or thin/watery and can have a white, yellow, or greenish tint to it. **THIS is normal, GOO is good.**
- The wound will begin shrinking from the outside edges inwards, the new skin will appear pink and sometimes shiny.
- Around or about day 4, some notice increased swelling or puffiness, as the wound enters the next healing phase.
- You may also experience itching as histamines are present during healing. Do not scratch! You may tap around the area and keeping it moist lessens the sensation.

1-2 YEARS FOLLOWING TREATMENT

After the removal process is complete, although uncommon, new skin can appear pink for up to 2 years. It is essential to keep the area protected from the sun, use a sunblock to minimize any risk of hypo or Hyperpigmentation from sun exposure post procedure.



CLIENT DO'S

- Take Arnica pre and during treatment to aid in healing and pain management.
- Apply **CatalystMD** a minimum of 2-5x daily, depending on option chosen.
- Consider **RescueMD** in addition to **CatalystMD** for additional healing and prevent moisture loss.
- If needed, apply a cold compress to a surrounding area for relief. Be careful not to put pressure on the wound or allow moisture into the treated area.
- Elevate any limb or lower body treated area over night and for a **minimum** of 20 minutes every 2 hours for first week or longer, to ensure proper blood flow and circulation.



CLIENT DO NOT'S

- Do NOT apply any other topicals unapproved by your technician to the wound. No make-up, moisturizer, ointments, or any other topical products should be applied on the treatment area until the skin is completely healed or under the advisement of your technician.
- Do NOT take anti-inflammatories or pain killers that interfere with the body's natural immune response and inflammation.
- Do NOT engage in intense physical activity which can cause perspiration, sweating or exposure to water (these must be avoided until the skin heals over).
- Do NOT pick at the area or any scab that may form, this can cause scarring, hair loss and less ink removal.
- Do NOT wipe directly over the wound when cleaning excess or dried serums, this will remove vital moisture and proteins needed to aid in healing and can cause irritation and scarring.

NOTES ON XTRACT® AFTERCARE

- Since you will have an open wound, it is critical that you do not expose yourself to surroundings that will present or increase a risk of infection (Example: concerts, nightclubs, sporting events, etc.).
- Keep the area covered with **CatalystMD** and medical grade Tegaderm (or silicone sheets post 72 hours). Tegaderm (medical grade) is non-absorbent meaning you will be able to maintain the required level of moisture throughout this period.
- The area should only be exposed to moisture from the serums or fluid produced from the wound. It is critical that all other moisture be avoided. Intense physical activity which can cause perspiration, sweating or exposure to water must be avoided until the skin heals over.
- Remember to take pictures daily at the time of dressing change (after cleaning around the perimeter and PRIOR to applying more **CatalystMD** serum. Send pictures to your Xtract® technician so they can monitor your progress and advise you on any required aftercare changes.
- Re-usable silicone sheets can be cleaned in between use using water wipes or anti-microbial wipes. When wet from cleaning the silicone will no longer be sticky. Allow the silicone sheet to completely air dry before reapplying. This will allow the silicone to become sticky again.
- Continue with your photographic diary as your technician will be able to best advise you on when silicone is no longer necessary.

EDUCATE YOURSELF. KNOWLEDGE IS POWER!

- Osmosis **CatalystMD** serum will allow the ink chelation to happen for up to 21 days and it inhibits the growth of bacteria so provides minimal risk of infection.
- Moist wound care allows the body to heal faster and continues the ink chelation process, furthering ink removal as well as focusing more energy on healing the wound with healthy tissue, as opposed to forming a scab.
- Water contains bacterial spores; any contamination of water can cause an increased risk of infection.
- Removal of any vital wound exudate, remodeling proteins and prescribed serums can cause risk of scarring and may cause less ink removal.
- New skin appears pink, as new capillaries are formed to bring critical oxygen and nutrients to the wound, this is a very delicate phase and the skin currently is more susceptible to hyperpigmentation - it is critical to protect new skin from the sun during this time, until the skin pigmentation is normalized. Chemical Sunscreens should be avoided as they cause inflammation and risk the chance for scar tissue development. For extra precaution with prolonged sun exposure, a hat and sunglasses are recommended.

SIGNS OF INFECTION

Although unlikely, infection is possible with any procedure that breaks the skin. Be aware of the main signs of infection:

- Fever
- Sudden increase in swelling and pain
- Redness expanding away from the wound site.
- Wound is hot to the touch.
- Foul smelling odor (odour) from exudate.



If you are concerned you may be experiencing an infection, contact your technician with your most up to date photographs and description of concern or contact a medical professional.

CONSISTENCY DELIVERS RESULTS!