

# Skin Centre Weißensee Dr Kors and Institute Korsmedic

## *PRESENTATION OF PRACTICE*

Tattoo removal using laser technology is still very painful for the patients. An effective post-treatment complicated.

Patient connectivity is interfered by this intensive treatment, and pain and swelling as a result of the treatment leads to emotional stress in patients. Based on this problem, Dr Kors presents a report on his insights and the post-treatment options he has detected.

The skin centre of Dr Kors offers treatments in a range of classic to modern dermatology: allergology, venereology, proctology, and aesthetic dermatology. At the Skin Centre Weißensee, laser in dermatology find application in the removal of tattoos by nanosecond technology, benign skin lesions, body hair, age spots, pigments and scars, in the treatment of dilated blood vessels, spider veins, and nail fungus, Laser lipolysis and similar applications.

## *LASER TATTOO REMOVAL USING MODERN NANOSECOND TECHNOLOGY (REVLITE SI® FROM CYNOSURE MANUFACTURER)*

The Weißensee Skin Centre performs tattoo removal with the Revlite SI® (Cynosure), which allows a gentle and scar-free removal procedure. This laser emits evenly very short light pulse waves, which are absorbed by the pigments and, caused by the surplus of energy, to vibrate and splinter. These shattered particles are now distributed throughout the body through the lymphatic system and bloodstream and may be left behind as harmful particles. The surrounding tissue does not heat up appreciably, as the pulse waves are emitted in marginally small waves. The even distribution of the radiation, due to the flat profile of the laser handpiece, does not significantly injure the epidermis.

In the course of the treatment process, the tattoo fades more and more, until it is no longer or only slightly visible on the skin. The removal takes about 30-40 minutes per use of the laser treatment inclusive preparation and follow-up. Application of the laser should only take place for a maximum of 30 minutes in order to avoid excessive stress on the body's wound healing and detoxification mechanisms.

The number of treatments cannot be planned exactly in advance. As part of the treatment, this is discussed in a personal conversation in order to obtain an aesthetically satisfactory result for the patient. It depends, among other things, on the amount and the chemical composition of the tattoo ink, and how deeply it has been stung.

There are still differences in the effectiveness of laser treatment regarding different shades. Black and blue colour particles absorb the emitted light waves of the laser better and thus decompose faster and more evenly, than lighter colour particles. However, the Revlite SI is equipped with MultiLite Dye handpieces to complement the wavelength range around red [650nm] and yellow [585nm].

The strength of the personal pain sensation varies, also depending on the location of the tattoo. During the treatment Dr Kors used a cooling hose, which continuously emits an approximately 4 ° C air flow. Optionally, an anaesthetic cream can be applied before the irradiation. For wound healing after the treatment, Dr Kors discovered his solution with the products of epi nouvelle + naturelle.

Since there are no comprehensive legal regulations for the handling of these laser procedures in Germany, the Weissensee Skin Centre points out that all laser treatments should definitely take place with a trained doctor.

It is important that the patient does not wash the irradiated area on the day of the laser session and does not use the sauna or swimming pool in the coming days, does not take a full bath, avoids strong sun exposure and heavy-duty sports, which leads to increased sweat production. In a few cases a residual shadow, or a slight contour remains. It is also possible with this treatment to lighten the tattoo if the patient wishes a planned touch-up of the tattoo with a new motive.

### PROBLEMS WITH TATTOO REMOVAL

There are two main problems with tattoo removal; on the one hand the remaining colour particles in the skin layer, on the other hand the psychological suffering of the patient.

When using the laser, black and blue pigments respond best, with other shades still causing difficulties. This may increase the number of treatment appointments for the patient. Also, it is not yet clear what role the remaining colour particles play in the affected skin layer, both in the existing tattoo, as well as after laser treatment. There could be an allergy risk, or side effects could occur due to the dispatch of the ink particles. Specific studies are not yet available. A further aspect to be substantiated here regarding the after-effects, is the differently distinct swelling and redness of the skin after the treatment and the hereto associated suffering of the patient.

A side effect of the tattoo removal is that it irritates the treated areas of the skin after the procedure, resulting in redness, swelling, and rarely crustal formation and blistering. These consequences are painful for the patient and lead to an emotional burden. This suffering can lead to a negative psychological link of the pain with the treatment in general or the attending physician. Thus, patient bonding is made more difficult and therefore a termination of the treatment or change of doctor is quite possible. That's why it's important to provide not just outpatient treatment, but one rounded concept with a high-quality after-treatment.

### SOLUTION PROPOSAL FOR POST-TREATMENT

Dr Kors motivation is to integrate a holistic treatment concept with its psychological benefits in his practice and has found his personal solution in the epi nouvelle product line. His patients in the Skin Centre Weißensee are always positively surprised by the swift relief of pain and the calming of the treated skin area after application of the pads. The pads are made of pure cellulose with a water content of over 98%.



Dr Kors: "Epi nouvelle has convinced me by the fact that my patients can find their way back into everyday life faster and have much shorter recovery times. The aftercare concept reduces the emotional burden by relieving the pain and my patients gladly come back to my practise. From a medical point of view, the moisture level is extremely suitable for the affected skin surface. That is what's important to me regarding my patients!"

Application: Epi nouvelle should be applied immediately after treatment, optionally in combination with a wound healing cream and fixed and covered with a bandage for greater mobility. Optimally, apply for up to 4 hours, and let the patient repeat it at home to increase the pain relief. Thereafter, it is advisable to apply the pads to the affected area on the three following days as well. Due to the simple handling of the pads and painless removal, the patient is completely autonomous in the application at home.

#### *INFLUENCE OF EPI NOUVELLE ON THE FUTURE OF LASER TATTOO REMOVAL AFTER-TREATMENT*

Dr Kors believes that effective relief of both visible and non-visible treatment outcomes is the critical component of high-quality care. The visible consequences, the possible swelling and redness, can be perfectly supportively treated with the pads by epi nouvelle. They soothe the affected skin surface and are free of preservatives or additives, i.e. no allergic reactions are known so far. Since the patient is not allowed to wash the affected skin area 24 hours after the tattoo removal with laser technology, the particularly appropriate moisture level of the pads provides a relieving feeling.

Dr Kors: "The guaranteed sterility of the pads is an important factor, as this minimizes the risk of an infection."

According to the patients he treated, laser tattoo removal, without epi nouvelle + follow-up, was painful and very uncomfortable. Thanks to the pads, this fear disappears. When a doctor finds the possibility of a solution to the pain, the patient can relax after treatment, return to their everyday life more quickly, and can return to his practise with a positive mindset, says Dr Kors. For him, this solution is epi nouvelle + naturelle and therefore he recommends this comprehensive treatment concept to colleagues as well.

#### *STATEMENT OF THE TREATED PATIENT*

I found the treatment painful, even though normally I would describe myself as a less sensitive person. Compared to the tattooing, I would say that the removal has hurt three times more. Overall, 5 to 6 treatments will probably be necessary until the tattoo is completely gone. After the laser treatment I got the epi nouvelle pads for after-treatment. They were pleasantly to apply and cooled the treated area. The skin continued to pulsate for about 10 minutes, but an hour later the pain had disappeared. The area felt calmed down and cared for. One to three days later, when I touched the treated area, I sensed the difference between the area epi nouvelle naturelle was applied and where it had not been put in use. The redness of the star, which was covered by the pad, has subsided better until now. I would like to recommend these post-procedure pads, as the cooling in combination with the consequent calming aspect, definitely contributes to the treatment. Also, visually I can see the difference. This combination; that is the tattoo removal by Dr Kors and the aftercare pads by epi nouvelle, I find very successful.

**TREATMENT PROTOCOL**

Patient education: Tattoo removal with laser and epi nouvelle+ naturelle

- » Cleaning of the skin area
- » Optional application of an anaesthetic cream
- » Use of the laser for max. 30 min  
In the meantime cooling by means of a cooling tube
- » Application of a wound healing cream
- » Applying of a moisturizing mask
- » Optional: Fixation using a wound dressing

**PATIENT INFORMATION**

- » Make-up only after 24 to 48 hours
- » Do not wash treated area for 24 Hours
- » Avoidance of any sauna, swimming pool, full baths, too strong sunlight, and physically demanding activities
- » Renewal of the aftercare by applying a fresh pad after 4 hours
- » Further use of the next pads for another 3 days as an aftercare

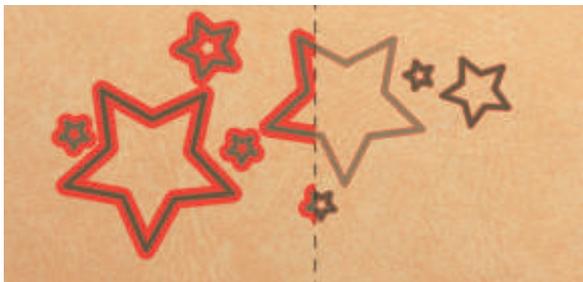


Fig 1  
Desired effect is a reduced redness of the after-treated area



Fig 2  
Before the first treatment



Fig 3  
Directly after treatment - mark with skin marker



Fig 4  
Immediately after applying the cooling, moisturizing pad



Fig 5  
After an hour