



JAY APPLEBAUM, M.D., INC. • WIEKE H. LIEM, M.D., INC. • KAROL DANGARAN, M.D., INC.

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Nd: YAG Laser Patient Information

- **How does the Nd:YAG laser work?**

The high-powered laser produces energy in a wavelength that gently penetrates the skin, is absorbed by water, and scatters the heat effects of the laser light. These unique properties allow your doctor to remove thin layers of skin tissue with wonderful precision while minimizing damage to surrounding skin.

- **Nd:YAG laser for Skin Resurfacing:**

The Nd:YAG Laser is commonly used for skin resurfacing in patients who have superficial to moderate facial wrinkles, mild surface scars, or splotchy skin discolorations. Additionally, the gentle touch of the Nd:YAG laser means it is exceptionally effective in rejuvenating sun damaged skin in areas such the fragile skin around the eyes and mouth, where other lasers may cause scarring. Other body areas, such as the neck and hands, may also be considered for treatment with the Nd:YAG laser. This procedure may also offer advantages of reduced redness, decreased side effects, and rapid healing (about 5-7 days).

- **Nd:YAG laser for Tattoo Removal:**

Nd:YAG lasers represent the gold standard for tattoo removal. With multiple wavelengths to choose from, your doctor can use the optimum wavelength that passes into the skin and is absorbed by a specific color ink, customizing the treatment to your needs and each individual tattoo. The lasers are engineered to force energy into the target molecules at such a high rate, they vibrate and shatter. This effect breaks the ink down into tiny particles, which are gradually removed by the body's natural filtering systems.

Professional tattoos, on average, require eight to fifteen or more treatments, while amateur tattoos require four or more sessions due to the different composition of inks. Treatments are spaced approximately six to eight weeks apart. You may see greater than 95 percent fading.



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Nd:YAG Laser After Care

1. Immediately following the procedure you will have a white, frost-like appearance at the treatment site.
2. Some bleeding will likely occur at the site.
3. Within the first 12-24 hours a freckle-like scab will form.
4. Apply cool compresses to the treated area. This will help reduce any post operative pain or swelling.
5. Soothing ointment will be applied to your skin immediately after the procedure. Once home, apply an antibiotic ointment such as Bacitracin or Polysporin or an emollient such as Aquaphor or Vaseline to keep the area moist.
6. Tylenol works well for pain relief. Avoid Aspirin as it may break down any clots that are necessary to ensure a good result.
7. Gentle, non abrasive skin cleansing is recommended. DO NOT scrape the recently treated areas with items such as a rough wash cloth or sponge.
8. Should any blisters occur:
 - a. It is allowable to pop them with a sterile pin or needle.
 - b. DO NOT remove the blister roof, it will speed the healing of the skin.
 - c. DO NOT pick at the scabs or try to speed the healing process by prematurely removing the skin. This could result in scarring and pigment changes to the skin.
9. Sunscreens with a SPF of at least 30 should be worn daily. Any unprotected sun exposure should be avoided for at least 3-6 months following treatment.
10. Re-treatment can be done in 6-8 week intervals.
11. Should there be any questions or concerns after the treatment please call your doctor at 714-538-8556.



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Nd:YAG Laser Patient Consent Form

This consent form is a written confirmation of a discussion I have had with my physician regarding my laser treatment for _____. The purpose of my laser treatment is to improve or eliminate the condition noted above.

Each pulse of the laser will feel like a warm pinprick that will last for a few seconds. If you feel that you would like a local or topical anesthetic agent please let the doctor know before the procedure so that enough time can be allotted to allow the anesthesia to be effective. Most people require little or no anesthesia due to the briefness and minimal discomfort of the procedure.

The pigment in the freckles, lentigines, or tattoo being treated selectively absorbs the laser light. The optimal candidate is an individual with fair skin. Tanning prior to the procedure may result in increased uptake of the light and cause blistering and pigmentation of the skin. Please inform your doctor if you have tanned within the last 6 weeks.

Multiple treatments may be required to obtain optimal results with all conditions. Professional cosmetic or decorative tattoos with multiple colors (green, red, pastel colors) may require 10 or more treatments to obtain optimal fading. Blue-black tattoos may require up to 5 treatments. Retreatment can be done every 8-12 weeks.

I have been informed that the possible risks and complications of this procedure may be blistering, scarring, hypopigmentation (lightening of the skin), and hyperpigmentation (darkening of the skin). I understand that sun exposure, as well as not adhering to the aftercare instructions, may increase my chance of complications.

I am aware that this is a cosmetic procedure and no insurances will be billed and no guarantee of 100% effectiveness can be made.

Print Name

Signature

Date

Witness

Date