01 / HOW IT WORKS

Q-switched Nd:YAG tattoo removal

What happens in the treatment room - and the work your body continues afterwards.

The laser starts the process

Tattoo ink sits in the deeper layer of skin, the dermis. Laser energy is absorbed by suitable ink particles and breaks them into smaller fragments. The aim is to target pigment while limiting injury to surrounding skin.

Your immune system does the next part

Immune cells, including macrophages, take up pigment fragments. Some pigment moves away from the treated skin through lymphatic pathways. This is a gradual biological process: the tattoo fades over weeks and sometimes months. Some particles remain in skin or lymph nodes; clearance is not an instant, complete flush from the body.

Our Face and Body laser

The Undo PMU Face and Body laser uses Q-switched Nd:YAG technology. Q-switching releases energy in very short, powerful pulses, typically measured in nanoseconds - billionths of a second. Rapid heating and pressure effects help break down suitable tattoo pigment. Carefully selected settings help limit injury to surrounding skin.

Two wavelengths, different targets

1064nm is commonly used for black and other dark inks. 532nm is used for suitable red and some orange pigments. Colour response varies with the ink formula; green, blue, yellow and white can be difficult and may need other wavelengths or remain visible. No single laser removes every colour reliably.

An established removal technology

Q-switched Nd:YAG is an established technology that can achieve significant tattoo fading. Ink, skin, settings and your body’s response all matter. Complete removal, a fixed session count and damage-free treatment cannot be guaranteed.

Our approach

Break down the ink. Give your body time. Protect the skin. A stronger reaction does not automatically mean a better result.

02 / SESSIONS & SPACING

Why removal takes time

A realistic plan is based on how your tattoo responds, rather than a promised number of appointments.

Why we cannot give an exact session count

Ink formulas, colours, depth and density vary. Cover-ups may contain several layers. Tattoo age, location, existing scar tissue, your skin and your health also influence treatment. We can discuss an estimate, then review it as we see your response.

What results can you expect?

Fading is often uneven: outlines and dense areas may last longer. Different colours can respond at different rates or become more visible as darker ink fades. Some tattoos retain a faint shadow or resistant pigment. Complete removal cannot be guaranteed; fading for a cover-up may need less treatment than aiming for maximum clearance.

How long between sessions?

PMU removal - six-week intervals
PMU removal appointments are generally spaced six weeks apart, provided the skin has fully healed and assessment confirms it is ready. Longer gaps may be needed.

8 weeks - an initial interval for body tattoos

For Q-switched body tattoo removal, we generally allow at least eight weeks between sessions, subject to individual assessment. The skin can look healed while pigment clearance is still continuing.

12 weeks or longer - allow continued fading

We may extend the gap to twelve weeks or more as treatment progresses, or start with this longer interval. Extra time allows ongoing fading and skin recovery.

A flexible plan, not a countdown

Six weeks for PMU and eight to twelve weeks for body tattoos are guides, not a fixed countdown. Your next session depends on healing, skin changes and ongoing fading. A longer gap does not undo your progress, and treating sooner does not necessarily finish removal sooner.

03 / BEFORE & DURING

Your treatment visit

We assess your tattoo, your skin and your medical history before deciding whether treatment is suitable.

Before your appointment

Tell us about medicines, supplements, medical conditions, pregnancy or breastfeeding, allergies, poor healing, raised scars and previous tattoo reactions or removal. Update us if anything changes. Do not stop prescribed medication yourself. Patch testing is required a minimum of 24 hours before treatment. We review the response before proceeding with full treatment.

Prepare your skin

Avoid tanning, sunbeds and fake tan on the area. Arrive with clean skin, free of creams and fragrance, and wear loose clothing. Tell us about sun exposure, broken skin, irritation or infection before attending. If you want numbing cream, discuss it with us first.

What will it feel like?

Pulses can feel like hot pinpricks or an elastic-band snap. Discomfort varies by person and area. We discuss comfort measures, use appropriate laser eye protection and take progress photographs with your consent. Treatment time depends on the tattoo.

Immediately afterwards

Temporary whitening, sometimes called frosting, may appear. This is a short-lived response, not the ink disappearing instantly. Redness, warmth, tenderness and swelling can follow; blistering, crusting or pinpoint bleeding are also possible. Fading is judged after recovery, not by the immediate reaction.

Know the risks

Possible effects include burns, infection, scarring, texture changes and lighter or darker skin, which may persist. Some pigments can darken after laser, including light or cosmetic inks. Existing tattoo scars can become clearer as ink fades. We discuss your individual risks before consent.

The main guidance covers body tattoos. PMU timing is included on page 2; brows, lips and eyeliner require separate assessment and site-specific aftercare.

04 / AFTERCARE

Look after your skin

Follow the personal instructions given at your appointment, including any dressing and product advice.

The first few days

Keep the area protected and avoid rubbing or tight clothing. Follow our washing and dressing instructions; pat dry gently if it gets wet. A cool compress wrapped in a clean cloth can ease discomfort briefly - never put ice directly on skin. Use only the products we recommend.

While the skin is healing

Do not scratch, pick crusts or burst blisters. Avoid swimming, soaking, saunas, steam rooms, fragranced products and strenuous exercise for around 7-10 days, and longer if the skin has not healed. Avoid makeup and exfoliating or active skincare on the area until healed. Contact us if blistering, crusting or weeping develops.

Protect against sunlight

Cover the area from sunlight during healing. Once the skin is closed and able to tolerate it, use broad-spectrum SPF 50 with strong UVA protection. Avoid tanning throughout treatment and continue sun protection afterwards as advised. Do not apply sunscreen to open or blistered skin.

When to get help

Contact Undo PMU promptly for unexpected or worsening reactions. Increasing pain, spreading redness or heat, pus, fever, large blisters or persistent swelling need medical advice. If we are unavailable, contact your GP or NHS 111. Breathing difficulty or swelling of the face or throat needs emergency help: call 999.

Between visits

Allow continued fading, follow your aftercare and attend your agreed review. Eat normally, stay hydrated and support your general health. There is no need to force clearance with detox products, aggressive massage or excessive water.