



PIGMENTED LESION POST-TREATMENT GUIDELINES

Precautions to take **BEFORE** your light-based treatment:

- No sun exposure, tanning beds and sunless tanning creams, for 5 weeks prior to treatment. Sun exposure decreases the effectiveness of the laser treatment and can increase the chance of post-treatment complications.
- No Antibiotics or/need to be off any antibiotics for at least 3 days.
- Must be off Accutane at least 6 months
- No Botox or Fillers of any kind for at least **14 days prior** to treatment
- No topical Retin-A or topical acne creams/ointments **3 days prior** to treatment.
- Remove all makeup, creams, or oils prior to treatment.

POST-TREATMENT GUIDELINES

The mechanism of pulsed-light pigmented lesion removal is based upon selective destruction of melanocytes and melanosome-containing epidermal keratinocytes. Their destruction is associated with some crusting and epidermal damage, which typically resolves within a one to four (1-4) week period.

A mild sunburn-like sensation is expected. This usually lasts two to twenty-four (2-24) hours but can persist up to seventy-two (72) hours. Mild swelling and/or redness may accompany this, but it usually resolves in two to three (2-3) days. Apply wrapped ice or gel packs to the treatment area for ten to fifteen (10-15) minutes every hour for the next four hours, as needed. Never apply ice directly to skin. An oral, over-the-counter anti-inflammatory (ibuprofen such as Advil) or an analgesic (acetaminophen such as Tylenol) may be taken to reduce discomfort. Use medicine according to manufacturer's recommendations.

Until redness has resolved, it is recommended to avoid the following:

- Applying cosmetics to treated areas.
- Swimming, especially in pools with chemicals, such as chlorine.
- Hot tubs, Jacuzzis, and saunas.
- Activities that cause excessive perspiration or any activity that may raise core body temperature.
- Sun exposure and tanning in treated areas. Apply a SPF 45 or greater sunscreen to prevent skin color changes.
- Aggressive scrubbing and use of exfoliants on the treated areas.

- Bathe or shower as usual. Treated areas may be temperature sensitive.
- The lesion may initially look raised and/or darker with a reddened perimeter.
- The lesion will gradually turn darker over the next twenty-four to forty-eight (48) hours. It may turn dark brown or even black.
- The lesion will progress to darkening and/or crusting and will start flaking off in an average of seven to twenty-one (7-21) days.
- The lesion is usually healed in twenty-one to thirty (21-30) days. It will continue to fade over the next six to eight (6-8) weeks.
- Advise persons being treated not to pick or pull at darkened lesions as scarring may occur.

PIGMENTED LESION POSSIBLE SIDE EFFECTS: Prolonged itching, redness, blistering, hair removal in treated area, bruising, peeling, rash, lightening or darkening of skin color, ingrown hairs, crusting, swelling, infection, and removal or lightening of freckles, scarring.

Signature (Or Legal Guardian): _____ Date: _____