

# keep glowing

## med spa

### Laser Pigmented Lesion Care Instructions

#### Pre-Treatment Care

- If you have had a history of peri-oral or genital herpes simplex virus (HSV), we suggest you take prophylactic antiviral therapy. We suggest you discuss this with your regular primary care physician. Your treatment provider may also discuss prophylactic treatment options with you.
- **RECENTLY TANNED SKIN CANNOT BE TREATED!** If treated within 2 weeks of active (natural sunlight or tanning booth) tanning, you may develop hypo-pigmentation (white spots) after treatment and this may be permanent. The use of self-tanning skin products **MUST** be discontinued **ONE WEEK** before treatment. Any residual self-tanner should be removed prior to treatment.
- Your physician may ask you to stop any topical medications or skin care products 3-5 days prior to treatment.

#### Post-Treatment Care

You have been treated with one of the lasers that targets pigment. The treated area is very delicate and should be treated gently. After treatment of brown pigmented spots, you may experience redness and burning for a few hours. Each treated spot will darken and over a period of a week (face) to two or three weeks (chest, hands, legs), the darkness will fade. It is common to experience immediate swelling and discomfort at the treatment site, and a crust may form. A small amount of bleeding may also occur. Please read and follow these instructions.

- Avoid direct exposure to sunlight during the first week or two following your laser treatment. Wide-brimmed hats, sunglasses, sun-protective clothing or bandages may be used to help protect from the sun. An SPF 30 or greater sunscreen should be used when your skin has healed.
- Avoid any trauma, such as scratching, picking or rubbing to the treated area.
- Showers are permitted, but gently pat the area to dry.
- If brown spots have been treated, it is OK to apply makeup the day after treatment.
- Swimming and contact sports should be avoided until your skin has healed completely.
- Avoid saunas or hot tubs for at least 7 days after your treatment, you should not use a hot tub if you have any open wounds in the treatment area until the wound heals.
- 2-3 sessions are typically required with treatments scheduled 4-6 weeks apart. Follow up as directed by your provider.

#### Wound Care Instructions

- If brown spots have been treated: Wash the treated area with a mild soap (Dove, Purpose, Basis or Cetaphil) twice daily, and then apply Aquaphor Healing Ointment twice daily until the area has completely healed.
- If your face has been treated, keep your head elevated by sleeping on 3-4 pillows or raising the head of the bed for 2 days to help prevent swelling.
- If crusts or scabs develop, allow them to fall off on their own.
- Any discomfort or burning at the treatment site may be relieved by acetaminophen (Tylenol) and the application of ice or a cool washcloth.

Please call our office at 848-217-2662 if you have any questions or concerns. If you cannot reach our office and are in need of immediate medical care, please report to your nearest emergency room.