

Pre Treatment Instructions:

- If you have a history of cold sores or herpes you may be instructed to begin a course of antiviral medication as heat from the laser can cause a flare
- Discontinue retinol or other harsh exfoliating products 3 days prior, and 5 days post treatment.
- Do not use self-tanning lotions, sunbathe or use tanning beds two weeks prior to your laser treatment. Any patient arriving with a tan or sunburn will be rescheduled for safety purposes.
- Lotions, creams, and makeup are removed before treatment as they can obstruct or refract laser light negatively, please come with skin cleansed.
- Please be advised that you may expect a certain degree of discomfort, redness, and/or irritation during and after the laser treatment. If any discomfort and/or irritation persists, please notify the clinic.

Post Treatment Instructions:

- Immediately after treatment, pigmented lesions will appear darkened. The lesions will continue to darken and flake off over 1-2 weeks. . The scabs should not be touched or scratched even if they itch, and should be allowed to shed off naturally.
- Some skin redness and swelling along with a mild to moderate sunburn sensation in the treatment area are common. This typically resolves within a few hours but may last up to 3 days.
- Apply a wrapped cool compress or wrapped ice pack to the treated areas for 15 minutes every 1-2 hours as needed to reduce these symptoms. You may also apply hydrocortisone 1% over-the-counter cream two times per day on intact skin up to 3 days to decrease any skin irritation.
- Gentle wash twice daily with mild soap, do not rub the skin vigorously and avoid hot water, as the skin will be fragile for several days.
- Blistered or ulcerated skin can be treated with a prescribed antibiotic ointment or burn treatment cream as per physician's discretion.
- During the first two days following treatment, care should be taken to prevent trauma to the treated site: avoid hot baths, massage, etc.
- Moisturizer may be applied several hours after each treatment and then should be applied regularly throughout the course of the treatment.
- You should use a high-factor sunscreen (at least 30 SPF) and protect the treated area from sunlight for at least one month after the treatment. Ideally, it contains zinc oxide or titanium oxide, which are true sun blocks.
- Tanning of any sort (sun exposure, tanning beds, and artificial sunless tanning lotions) is not allowed in the treated areas during the entire course of the treatment. Tanning after treatment may cause hyperpigmentation

Follow Up

- An evaluation of the treatment area will be done, depending on your custom treatment schedule.
- We will review your medical history before each session, being mindful of sun tanning, new medications, etc. If you present no contraindications, treatment may be performed again.