

PIGMENTED LESION

BEFORE AND AFTER CARE

BEFORE YOUR TREATMENT

- Do not wear makeup on the day of treatment
- No sun-tanning or self-tanners four weeks before treatment
 - Includes spray tans, tanning lotions, tanning beds, sun exposure, etc.
- Some medications or supplements may increase the risk of bruising. If you take a blood thinner such as aspirin, Plavix, Coumadin, or Eliquis, you may bruise.
- Avoid treatments that may irritate the skin for 1-2 weeks prior to treatment (waxing, depilatories, etc.)
- Notify our office with any changes to your health history or medications since your last appointment
- History of herpes or cold sores may require an anti-viral prescription prior to treatment



AFTER YOUR TREATMENT

- Avoid sun exposure and use a broad spectrum (UVA/UVB) sunscreen to prevent further sun damage
- Bruising, redness and swelling are common and resolve with time
- Notify our office if you have blistering, excessive redness, or swelling that lasts more than one week
- Treated pigment will turn darker (brown to black) within 24-48 hours
 - Do not pick at treated areas
 - Treated pigment will exfoliate off the **face** in approximately 1 week
 - Treated pigment will exfoliate off the **body** in approximately 2-3 weeks
- Avoid heat – hot tubs, saunas, etc. for 1-2 days

Skin Care

- For one week after treatment use only gentle cleanser and moisturizer
- Avoid skin irritants for one week post-treatment
 - Products containing tretinoin, retinol, benzoyl peroxide, glycolic/salicylic acids, astringents, etc.
- You may resume skincare regime in one week.