



Pre and Post Treatment Instructions for Pigmented Lesions

Precautions to take before your laser treatment:

- No sun exposure, tanning beds and sunless tanning cream for 4 weeks prior to treatment. Sun exposure decreases the effectiveness of the laser treatment and can increase the chance of post treatment complications.
- Use a broad spectrum UVA/UVB sunscreen with an SPF of 30 or higher. Apply to the treated area every 2 hours when exposed to the sun and it is recommended to make this a part of your skin care routine.
- Remove all makeup, creams or oils prior to treatment.

Instructions following your laser treatment:

- Cleanse the treated area at least daily with water and mild soap, and then pat the area dry.
- Do not rub or scratch the treated area.
- If crusting/scabbing occurs, do not shave or pick area. Apply Aquaphor ointment (tattoo) or other moisturizer (face) to the area 2-3 times a day. Keep the area moist, and let the crusting/scabbing resolve on its own.
- Discomfort may be relieved by cold gel packs and/or an over the counter pain reliever, such as acetaminophen.
- Avoid contact sports or any other activity that could cause injury of the treated area.
- Avoid swimming, soaking or using hot tubs/whirlpools until the skin heals.
- Contact our office if there is any indication of infection (redness, tenderness or pus).

If you have any questions or concerns, please call our offices at 859-264-0006