



MEDICAL + AESTHETIC DERMATOLOGY

417 Main Street

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Pigment Laser Pre-Treatment Instructions

What you should do before treatment :

- DO NOT tan for 4 weeks prior to treatment.
- Daily application of SPF30 or higher sunblock to treatment area 4 weeks prior to treatment.
- Discontinue all Retin-A, Renova, glycolic acids, vitamin C products, and anything else which can be irritating, for 3 days before treatment.
- Tell us if you have taken Accutane within the past 6 months.
- Inform us of any changes in your medical history since your last visit.
- Inform us if you have had chemical peels, dermabrasion, laser resurfacing or a face lift since your last visit.
- Do NOT use makeup on the day of your treatment.
- If you have a history of cold sores, take your antiviral medication (Acyclovir, Valtrex, Zovirax) on the day before, day of, and day after treatment.



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Pigment Laser Post-Treatment Care

What to expect :

- A mild sun burn sensation.
- Minor redness and swelling at the treatment site.
- Pigment areas will turn a dark gray and flake off in 1 to 2 weeks.
- Healing on the face can take 1 to 2 weeks or longer.
- Healing on the body can take 2 to 4 weeks or longer.
- A temporary lightening or darkening of the treated skin can occur.

What you should do after treatment :

- Wash area twice daily with a gentle cleanser, cool or tepid water, with your hands only. Pat dry. Cool compresses and cold packs can be used for redness and swelling.
- Do NOT scrub where pigmented areas were treated. It is best to let these areas flake off with only gentle cleansing.
- Do NOT take hot showers, baths or saunas for 2 days after treatment.
- Avoid unprotected sun exposure.
- SPF30 sunblock or higher should be applied daily on treated areas and reapplied during the day as necessary for at least 4 weeks post treatment.
- Use of Retin-A, Renova, glycolic acids, vitamin C products, and any other potential irritants may be started after all irritation from the procedure resolves.
- Use ice pack or Hydrocortisone Cream 1% for irritated or red areas. Use Bacitracin antibiotic ointment on blisters until it dry. Use Aquaphor ointment after it dries.
- Please note how many days that you have redness or peeling so that you can inform your Physician.
- Refrain from vigorous exercise for 2 days after treatment.