

## **Laser Treatment for Pigmented Lesions**

### Pre and Post Laser Treatment Instructions

#### *Pre-Treatment*

- No sun-tanning or self-tanners *4 weeks* prior to treatment including: spray tans, tanning lotions, tanning beds and sun exposure.
- Do not wear make-up the day of treatment
- Some medications such as Aspirin, Ibuprofen and NSAID containing medications and supplements such as Vitamin E, Fish oil, Ginko Biloba, Garlic, Ginseng and St.John's Wort may increase the risk of bruising. Consult your provider
- Avoid treatments that may irritate the skin for *1-2 weeks* prior to treatment such as waxing or depilatories, etc.
- If you get fever blisters or cold sores, please advise the office prior to your appointment. We can prescribe a medication prior to your treatment to prevent an outbreak. We cannot perform the procedure if you have an active outbreak at your scheduled appointment.

#### *Post-Treatment*

**THE TREATED AREA MUST BE TREATED WITH CARE. BE GENTLE, DO NOT SCRATCH OR PICK AT YOUR SKIN!**

- Until sensitivity has completely subsided AVOID the following:
  - Use of scented lotions or soaps, exfoliating creams (Retin-A, Retinols, Glycolic Acid, AlphaHydroxy Acids), acne creams or gels, loofa sponges and aggressive scrubbing.
  - Hot or Cold water-wash with tepid/lukewarm water
  - Shaving
  - Swimming pools and spas with multiple chemicals/chlorine
  - Avoid sun exposure and use a broad specturm (UVA/UVB) physical sunscreen containing Zinc or Titanium to prevent further sun damage.



bliss dermatology

Michelle Pennie, MD

- Bruising, redness and swelling are common and will resolve over time.
- Treated pigment will turn darker (brown to black), and may have the look of coffee grounds, *within 24-48 hours*.
- Pigment on the face will exfoliate in approximately 1 week and off the body in approximately *2-3 weeks*.
- Notify the clinic with any concerns (blistering, excessive redness/swelling, etc.)

Additional Instructions:

Englewood Office – 699 S. Indiana Ave – Englewood, FL. 34223 – [941.548.2550](tel:941.548.2550)

Venice Office – 315 Nokomis Ave S. – Venice FL., 34285 – [941.548.2550](tel:941.548.2550)