



## Pre & Post Care Instructions for Pigmented/Vascular Lesions

### Pre Procedure:

- » Avoid sun exposure and tanning beds 4 weeks prior to treatment.
- » Discontinue 1 week prior to each treatment: oral antibiotics, Retin-A, Retinol, acne medications, and other topical prescriptions.
- » Avoid Botox and dermal fillers for 2 weeks prior to treatment.
- » If you have a history of cold sores, there is a risk that this treatment could contribute to a recurrence. Prophylactic antiviral therapy can be started 2 days before treatment.
- » No Accutane for 1 year.

### Post Procedure:

- » Avoid sun exposure to reduce the chance of skin color changes.
- » Use a broad spectrum SPF 30 every 2 hours.
- » Bruising, redness, purpura, and swelling are common and will resolve with time.
- » Treated area of pigment will turn darker within 24-48 hours. Do NOT pick these areas.
- » Avoid any exfoliating treatments for 1-2 weeks after: scrubs, Clarisonics, topical meds, etc.
- » Avoid heat – hot tubs, saunas, etc. For 1-2 days.
- » Cold compresses/ice packs may be used to provide comfort.

### Risks:

- » Bruising: this will resolve with time.
- » Skin discoloration: hypopigmentation, hyperpigmentation. This discoloration is not usually permanent and will clear up after time.
- » Crusting of skin: this should only last a few days. Do not pick, peel or scratch the area as this can lead to permanent scarring.

### Number of treatments & frequency:

- » Average amount of treatments depends on the pigmented lesion and skin condition. Expect at least 2-4 treatments with possible annual maintenance.
- » Allow your skin to heal completely before undergoing another laser treatment. This time frame is different with each person. Estimate at least 3-5 weeks in between each treatment.