



Pre-Treatment Instructions for Treatment of Pigmented Lesions

- Discontinue sun tanning and the use of tanning beds for **4 weeks** prior and self-tanning creams **10 days** before and throughout the treatment course. This will reduce the chance of skin colour changes, and development of new lesions.
- Always use a SPF-30 or greater sunscreen on all exposed treatment areas and re-apply as necessary. Wear protective, light-occluding hats and clothing.
- Discontinue use of exfoliating creams such as Retin-A, Glycolics, Masks and other skin exfoliating products **two weeks** prior to and during the entire treatment course.
- If you have a history of herpes outbreaks in the area of treatment, you should consult either your Primary Care Physician for a medical evaluation and possible prophylaxis prior to treatment. (Valtrex or Zovirax)
- An accurate diagnosis by a skin care physician of brown spots prior to treatment is necessary before treatment of any lesions.
- Be aware there is the possibility of coincidental hair loss when treating pigmented lesions in hair bearing areas.
- Topical anesthetics are generally not needed for this procedure.
- Please do not wear make-up on the areas to be treated, or at least wash it off prior to being seen by our laser specialist.
- If excessive hair is present over the lesions to be treated, it should be shaved/removed at least **24-48 hours** prior to treatment so as not to absorb laser light.



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- Some clients find it helpful to take two or three plain Tylenol or two or three OTC Advil (Ibuprofen) 2 hours before the scheduled treatment. Women who find that they are less sensitive after their menstruation prefer to schedule their treatment sessions accordingly. You will be less sensitive if you are well rested, well fed, and not thirsty when you have your treatment.
- Makeup can be worn 24hrs post treatment. We recommend Jane Iredale Mineral Make-Up as it is calming to the skin and delivers a physical block for sun exposure and has anti-aging properties.

Post-Treatment Instructions for Treatment of Pigmented Lesions

- A mild sunburn-like sensation is expected. This usually last **2-24 hours** but can persist up to 72 hours. Mild swelling and/or redness may accompany this, which usually resolves in 2-3 days. In some cases, prolonged redness or blistering may occur. A non-steroidal anti-inflammatory (such as Ibuprofen or Naproxen) or Acetaminophen will help reduce discomfort. Take according to manufacturer's directions.
- Apply cold gel packs or cool wet clothes to treatment areas for 15 minutes every two to four hours until symptoms subside.
- Bathe or shower as usual. Treated areas may be temperature sensitive. Cool showers or baths will offer relief.
- Avoid aggressive scrubbing and use of Retin A, Glycolics, exfoliants, scrub brushes and loofa sponges until the treatment area has returned to its pre-treatment condition.
- Follow-up treatments are usually performed at **4-6 week** intervals.
- Blistering or scaling is very uncommon, but usually resolves over a few days or a week with a bit of Polysporin several times a day. If blistering occurs, apply topical antibiotic to the area two times a day until healed.
- Use SPF-30 sunscreen on treated areas if sun exposure is unavoidable. Sun avoidance will decrease the likelihood of skin colour changes.



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- Avoid shaving, waxing, swimming, hot tub/jacuzzi, and do not apply any cosmetics to the treated area while irritated. Avoid excessive exercise until the redness resolves.
- Makeup can be applied 24hrs post treatment. We recommend Jane Iredale Mineral Make-Up as it is calming to the skin and delivers a physical block for sun exposure and has anti-aging properties.

Description:

The laser sends a quick, high concentration of energy to the area to remove the pigment. Afterwards the area looks a bit like a Bee sting for a couple hours. Within a few days the pigment treated with lightly flake and fall off. This treatment is an optimal service for those who wish to remove certain pigments, birthmarks and **physician approved** moles.



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