

Pigmented Lesion Treatment (Brown Spots) Post Treatment Instructions

The treated area must be treated with care. **BE GENTLE!** Do not scratch or pick at your skin

- Until sensitivity has completely subsided, **avoid** all of the following (minimum of 4 days):
 - Use of scented lotions or soaps, exfoliant creams (Retin-A, glycolic/salicylic and alpha- hydroxy acids), acne creams or gels, astringents/toners, loofa sponges and aggressive scrubbing
 - Hot or cold water - wash with tepid water
 - Shaving
 - Swimming pools and spas with multiple chemicals/chlorine
 - Activities and contact sports that cause excessive perspiration
 - Pressure from clothing and/or jewelry.
 - Makeup
- A cold compress or an ice pack can be used to provide comfort and prevent swelling if the treated area is especially warm. This is typically only needed within the first 24 hours after the treatment.
- Skin may appear red and swollen and have a mild sunburn sensation. This is a normal reaction. It can last from a few hours to days after treatment. Applying an ice pack for 5 minutes hourly will help minimize swelling.
- Post treatment discomfort is typically minimal but if the area is very uncomfortable, oral pain relievers; i.e. Tylenol or Advil, may be used.
- Freckles and sunspots may turn slightly darker initially and then flake off within 7-21 days depending on location. This is a desired and normal reaction.
- Normal Reactions:
 - Erythema (redness) – usually resolves within 2-4 hours.
 - Edema (swelling) – usually resolves within 24 hours.
 - Bruising – usually resolves within 7-10 days.
- In the unusual case of crusting or blistering of the skin in the treated area, apply Vaseline twice a day to the affected areas. Do not pick at these areas, as this may result in infection or scarring.
- Strictly avoid any sun exposure to the treated area for a minimum of 14 days after the procedure. The treated area is more prone to sunburn and pigmentation change. Keep the area covered and use a sun block with a protection factor of 30+, and reapply every 2 hours. Delayed blistering secondary to sun exposure has been noted up to 72 hours post treatment.
- If in the middle of a series of Phototherapy treatments, sun exposure should be avoided between treatments and a sunblock should be used on a daily basis.

Subsequent treatments are based upon your clinician's recommendation and are typically 4-12 weeks apart.