

Pigmented Lesion Post-treatment Guidelines

What to Expect Following Treatment:

Most patients experience a mild sunburn-like sensation which usually lasts 2-24 hours but can persist up to 72 hours. Mild swelling and/or redness may accompany this, but it usually resolves in 2-3 days.

What to Do:

- Apply ice or a cold pack to the treatment area for 10-15 minutes every hour for the next 4 hours, as needed.
- Tylenol or Ibuprofen may reduce discomfort. Use according to manufacturer's instructions.
- Bathe or shower as usual (area may be sensitive)

What Not to Do:

Until the redness resolves, please avoid the following:

- Cosmetics on treated areas. When redness disappears, you may use mineral-based makeup for a few weeks until healing is complete (3-4 weeks).
- Swimming (especially in chemical treated water)
- Hot tubs/ Jacuzzis
- Sun exposure to treated areas (use SPF-30 or greater)
- Excessive perspiration
- Aggressive scrubbing or use of exfoliation on treated area

The Healing Process:

The lesion may initially look raised and/or darker with a reddened perimeter. It will gradually turn darker (dark brown or black) over the next 24-48 hours. It will progress to scabs/crusting and will start flaking off in 7-21 days. **DO NOT** pick, scratch or remove scabs. Healing is usually complete in 21-30 days, though it will continue to fade over the next 6-8 weeks.

Possible Side Effects

While most people have no issues, there is a low risk of prolonged itching, redness, and blistering. There is a very low risk of bruising, peeling, rash, lightening or darkening of skin color, ingrown hairs, crusting, swelling, and infection, some of which may result in scarring. Please call our office if you experience any of these symptoms. Other effects which may occur, but generally pose no problem are hair removal and removal of freckles in the treated area.