

Pre/Post-Treatment Information for Patients after Laser Hair, Vein, Pigmented Spot Removal or PhotoFacial

- ❖ Understand that sun exposure, tanning beds, sunless tanning lotions and tanning creams can cause discoloration or a reaction prior to or during the course of laser treatments. You will want to **avoid these** things for 5-7 days post treatment as well as 5-7 days prior to following treatments.
- ❖ A broad spectrum (UVA/UVB) physical block sunscreen SPF 30 or greater (zinc oxide or titanium dioxide) is recommend (and should be applied to the area(s) to be treated whenever exposed to the sun.
- ❖ You will want to avoid all products with Retin-A or Retinol for 5-7 days before and after treatments.
- ❖ You will want to avoid any type of micro-derm or abrasive facial/body scrub for 3 days post treatment.
- ❖ The treated skin can be red and swollen with fine, thin scabs forming. Please keep the treated areas covered with Polysporin, Bacitracin, or Aquaphor until the thin scabs fall off. If needed, ice can be applied to the treated area several times per day for no longer than 15 minutes each time. This process can take anywhere from 1-3 weeks. It could take as long as 3-6 months in some cases. **Do not scratch the scabs**, as this can cause scarring.

The following complications may occur with treatment, so CALL US promptly if you think any are occurring:

1. Scarring: The light pulsed system can create a bruising and a moderate burn or blister to the skin. For an effective treatment, the power (joules) needs to be just below the blistering point which means skin will be red. Scarring is NOT a common occurrence here, but in the event you think you are getting a scar, notify us promptly and we will recommend measures to markedly diminish or eliminate it. Genetics plays a big role in tendency to scar.
2. Hyper-pigmentation (browning) and Hypo-pigmentation (whitening) have been noted after treatment, especially with darker skin types. This usually resolves within weeks, taking as long as 3-6 months in some cases. Permanent color change is a rare risk. If you have a lot of color in your skin, a skin lightening cream will be advised to reduce the melanin in your skin before any further treatments are done. Sometimes we will advise pre-treatment with a Rx skin-lightening cream for 6-8 weeks (1 skin cycle) prior to laser treatment, as an extra precaution.
3. Infection: Although infection following pulsed light treatment is unusual, bacterial, fungal, and viral infections can occur. Herpes simplex virus infections around the mouth can occur following a laser treatment. This applies especially to individuals with a past history of herpes simplex virus infections in the mouth area. Should any type of skin infection occur, treatment with antivirals or antibiotics might be necessary.
4. Bleeding: Pinpoint bleeding is rare but can occur following brown spot and spider vein treatment procedures. Should bleeding occur, additional treatment might be necessary.

Please call us immediately at **919.845.0333** if you experience any concerning issues after your laser treatment.