

## **Laser Treatment Aftercare**

**(brown spots, tattoos, freckles, pigmented spots)**

You have just had state-of-the-art treatment with one of our pigment removal lasers. The following are normal to have after treatment:

- **Crusted/Bruised Skin**-The skin will have this appearance while it is healing and will last 1-2 weeks.
- **Discomfort**-Your skin will feel as if you have had a mild sunburn for a few hours but may last up to 1-2 days. Cool compresses or over-the-counter Advil or Tylenol can be used.
- **Blisters**-This can be a normal response to this type of laser treatment and will resolve in a few days. Do not peel the blister off, but you can release the fluid with a sterilized pin.
- **Swelling**-Treated areas may become slightly swollen, especially if treatment is done around the eyes. Cool compresses can be applied for 10 to 15 minutes each hour, if needed.
- **Itchy skin**-As the treated area heals, itching may develop. Please do not pick or scratch this delicate skin. Benadryl (over-the-counter) can be taken, orally (not topically), if needed to relieve the itch.
- **Pink skin and pigmentary changes**-After healing, the skin may be pink for 1-2 months, in some cases the skin may become darker or lighter than the surrounding skin, but this usually resolves over time.

### **General instructions following laser treatment:**

1. 1. Wash the treated area at least twice a day with a mild antibacterial soap (Dial or Lever 2000)
2. After cleansing, a heavy moisturizing cream such as Cetaphil, Eucerin, or Lubriderm should be applied to the treated area 2-3 times per day. Polysporin or Bacitracin ointment can be used if blistering occurs. A bandage may be applied to protect the healing skin from rubbing on clothes, but this is not necessary.
3. The treated area is delicate while healing so do not pick or rub as this may lead to scarring!
4. **DO NOT TAN** the laser treated area. A sunscreen with an SPF of 25 or greater should be applied at least once daily.
5. Any further questions can be addressed by calling the main office number below. For urgent questions after business hours, simply follow the phone prompts to reach the on-call provider. Number to call – **716-632-5200**.