MODERN DERMATOLOGY

DR. RHONDA KLEIN, MD/MPH, FAAD
DR. DEANNE MRAZ ROBINSON, MD, FAAD

tel (203) 635-0770 | *fax* (203) 635-0771
www.moderndermct.com

POST-LASER TREATMENT OF PIGMENTED LESIONS

You have been treated with one of the lasers that targets pigment. The treated area is very delicate and should be treated gently. After treatment of brown pigmented spots, you may experience redness and burning for a few hours. Each treated spot will darken and over a period of a week (face) to two or three weeks (chest, hands, legs), the darkness will fade. It is common to experience immediate swelling and discomfort at the treatment site, and a crust may form. A small amount of bleeding may also occur. Please read and follow these instructions.

GENERAL INSTRUCTIONS:

- Avoid direct exposure to sunlight during the first week or two following your laser treatment. Wide-brimmed hats, sunglasses, sun-protective clothing or bandages may be used to help protect from the sun. An SPF 30 or greater sunscreen should be used when your skin has healed.
- Avoid any trauma, such as scratching, picking or rubbing to the treated area.
- Showers are permitted, but gently pat the area to dry.
- If brown spots have been treated, it is OK to apply makeup the day after treatment.
- If a tattoo has been treated, do not apply makeup until the area is fully healed.
- Swimming and contact sports should be avoided until your skin has healed completely.

WOUND CARE INSTRUCTIONS:

- If brown spots have been treated: Wash the treated area with a mild soap (Dove, Purpose, Basis or Cetaphil) twice daily, and then apply Aquaphor Healing Ointment twice daily until the area has completely healed.
- If your face has been treated, keep you head elevated by sleeping on 3-4 pillows or raising the head of the bed for 2 days to help prevent swelling.
- If crusts or scabs develop, allow them to fall off on their own.
- Any discomfort or burning at the treatment site may be relieved by acetaminophen (Tylenol) and the application of ice or a cool washcloth.

If you have any questions or concerns, please call the office at 203-635-0770.