

# BENIGN PIGMENTED LESION PATIENT INSTRUCTIONS



## PRETREATMENT INSTRUCTIONS

1. Avoid the sun 4-6 weeks before and after treatment until your physician allows it.
2. Your provider may ask you to stop any topical medications or skin care products 3-5 days prior to treatment.
3. If you have had a history of perioral herpes simplex virus, your provider may recommend prophylactic antiviral therapy when treating that area. Follow the directions for your particular medication.
4. If you are tanned or have a darker skin type, a bleaching regimen may be started 4-6 weeks before treatment.
5. **RECENTLY TANNED SKIN CANNOT BE TREATED!** If treated within 2 weeks of active (natural sunlight or tanning booth) tanning, you may develop hypopigmentation (white spots) and this may not clear for 2-3 months or more.
6. The use of self tanning skin care products must be discontinued one week before treatment. Any residual self tanner must be removed prior to treatment.

## INTRAOPERATIVE CARE

1. The skin is thoroughly cleaned prior to treatment. Anesthesia is most often not required.
2. When treating the upper lip, the teeth may be protected with moist white gauze. The gauze also serves to support the lip during treatment, allowing a surface to push against.
3. The DCD (cryogen cooling device) is typically not used during the treatment. It may be used if the provider desires.
4. Safety considerations are important during the laser procedure. Protective eyewear will be worn by the patient and all personnel in the operative suite during the procedure to reduce the chance of damage to the eye. Your provider will take necessary precautions to ensure your safety and comfort.

## POSTOPERATIVE TREATMENT CARE

1. Immediately after treatment, there should be erythema (redness) and edema (swelling) at the treatment site, which may last up to 2 hours, or longer. The erythema may last up to 2-3 days. The treated area will feel like a sunburn for a few hours after treatment.
2. Your provider may use an optional cooling method immediately following treatment to ensure your comfort.
3. A topical soothing skin care product such as aloe vera gel may be applied following treatment if desired.
4. **Avoid sun exposure to reduce the chance of hyperpigmentation (darker pigmentation).**
5. Use sunblock (SPF 30+) at all times throughout the course of treatment.
6. The treated pigment will appear darker immediately and within the first few days following treatment. The darkened pigment will flake off like dry skin within 7-10 days. Avoid picking or scratching the treated skin.
7. There are no restrictions on bathing except to treat the skin gently, as if you had a sunburn, for the first 24 hours.
8. **Call your healthcare provider's office at \_\_\_\_\_ with any questions or concerns.**