



Benign Pigmented Lesions Patient Instructions

Pre-Treatment Instructions:

- 1) Avoid the sun 4-6 weeks before and after treatment.
- 2) Your provider may ask you to stop certain topical medications or skin care products 3-5 days prior to treatment.
- 3) If you had a history of perioral herpes simplex virus, your provider may recommend prophylactic antiviral therapy.
- 4) If you are tanned or have 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 hypopigmentations (white spots) after treatments and this may not clear 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 cleaned thoroughly prior to treatment. A topical anesthetic may be used.
- 2) When treating the upper lip, the teeth may be protected with moist gauze. The gauze also serves to support the lip during treatment, allowing a surface to push against.
- 3) The DCD (cryogen skin cooling) device may be used during the laser treatment.
- 4) Safety considerations are important during the laser procedure. Protective eye wear will be worn by the patient and all personnel in the operative suite during the procedure to reduce the chance of damage to eyes. Your provider will take all necessary precautions to ensure your safety.

Post-Treatment Instructions:

- 1) Immediately after your treatment, there should be mild erythema (redness) and mild 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. Some patients note that their skin feels pleasantly warm after treatment.

- 2) Your provider may use a cooling method after 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.
- 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 781-938-1888 with any questions or concerns.

Patient Name _____

Patient Signature _____ Date _____