

## PIGMENTED LESION(S) POST-TREATMENT INSTRUCTIONS

The mechanism of pulsed-light pigmented lesion removal is based upon selective destruction of melanocytes and melanosome-containing epidermal keratinocytes. Their destruction is associated with some crusting and epidermal damage, which typically resolves within a 1-2 week period.

A mild sunburn-like sensation is expected. This usually lasts from 2-24 hours but can persist up to 72 hours. Mild swelling and/or redness may accompany this, but it usually resolves in 2-3 days.

Apply wrapped ice or gel packs to the treatment area for 10-15 minutes every hour for the next four hours, as needed. Never apply ice directly to skin. An oral, over-the-counter anti-inflammatory (ibuprofen such as Advil®) or an analgesic (acetaminophen such as Tylenol®) may be taken to reduce discomfort. Use medicine according to manufacturer's recommendations.

Bathe or shower as usual. Treated areas may be temperature-sensitive.

Until redness has resolved, it is recommended to AVOID the following:

- Applying cosmetics to treated areas.

- Swimming, especially in pools with chemicals, such as chlorine.

- Hot tubs, Jacuzzis, and saunas.

- Activities that cause excessive perspiration or any activity that may raise core body temperature.

- Sun exposure and tanning in treated areas. Apply a SPF 45 or greater sunscreen to prevent skin color changes.

- Aggressive scrubbing and use of exfoliants on the treated area.

Initially the lesion may look raised and/or darker with a reddened perimeter. The lesion will gradually turn darker over the next 1-2 days (dark brown or even black). The lesion will progress to "breaking up" then crusting/flaking in an average of 7-21 days. The lesion is usually healed in 21-30 days, but will continue to fade over the next 6-8 weeks. Do NOT pick or pull at darkened lesions as scarring may occur.

### PIGMENTED LESION TREATMENT POSSIBLE SIDE EFFECTS

- ☑ Prolonged itching, redness, and blistering.

- ☑ Hair removal in treated area.

- ☑ Bruising, peeling, rash, lightening or darkening of skin color, ingrown hairs, crusting, swelling, infection, and removal or lightening of freckles.

- ☑ Removal or lightening freckles.

- ☑ Scarring.