



BAY AREA COSMETIC DERMATOLOGY

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POST CARE FOR PIGMENTED LESIONS

WHAT TO EXPECT

Nearly all pigmented lesions require multiple treatments to achieve desired results. We recommend retreatment every 4-8 weeks as recommended by your provider.

Immediately following treatment there is typically swelling and red discoloration of the skin that lasts 24-48 hours. The treated areas usually appear darker than normal and may have a raised texture for up to 10-14 days. After the lesion lightens, there may be pink discoloration that remains for up to a month after healing.

HOW TO CARE FOR SKIN

- We recommend gently icing the treated area immediately after treatment and up to 24 hours post treatment - we can provide additional ice packs to take home with you. Ice should be applied for no more than 5 minutes at a time with the area being allowed to warm before applying ice again.
- You may experience some discomfort after the treatment including a stinging sensation for 1-2 hours. You may take Tylenol for pain relief.
- Gently wash the treated area twice daily with gentle cleanser and water. DO NOT rub with a washcloth or towel as this may disrupt the crusting/scabbing process.
- Pat dry, moisturize and apply sunscreen. You may also apply an ointment such as over-the-counter Aquaphor on the treated area(s) until completely healed.

TO MINIMIZE COMPLICATIONS DO NOT PICK OR REMOVE DEAD SKIN OR SCABS.

WHAT TO AVOID

- Carefully protect the treated area from the sun for the first 2 weeks following the laser treatment. Apply a [sunscreen](#) (SPF 30+) to the treated area for at least 6 weeks after treatment although we always recommend daily sunscreen application to protect results.
- Avoid swimming, hot tubs, and contact sports while crusts are present.

If your provider has given you instructions deviating from the general recommendations in this document, please follow your provider's personalized instructions.

Questions or concerns? Please securely send a direct message to your provider through BACD's online patient portal: [MyPatientVisit](#) or call the office 415-292-6350.