



PIGMENTED LESIONS POST-TREATMENT GUIDELINES

- A mild sunburn-like sensation is expected. This usually lasts 2-22 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 ice or gel packs to the treatment area for 10 – 15 minutes every hour for the next four hours, as needed.
- An oral, non-steroidal anti-inflammatory medicine, such as acetaminophen, may be taken to reduce discomfort. Use such medicine according to manufacturer's recommendations.
- Until redness has resolved, it is recommended to avoid the following:
 - Applying cosmetics to treated areas.
 - Swimming especially in pools with chemicals.
 - Hot tubs, Jacuzzis, and saunas.
 - Activities that cause excessive perspiration.
 - Sun exposure or tanning to treated areas. Apply an SPF 45 or sunscreen to prevent skin colour changes.
 - Aggressive scrubbing and used of exfoliants on the treated area.
- Bathe or shower as usual. Treated areas may be temperature-sensitive.
- The lesion may initially look raised and / or darker with a reddened perimeter.
- The lesion will gradually turn darker over the next 24 – 48 hours. It may turn dark brown or even black.
- The lesion will start flaking off in an average of 7 – 21 days. **Do not pick or scratch as scarring could occur.**
- The lesion is usually healed in 21 – 30 days. It will continue to fade over the next 6 – 8 weeks.

POSSIBLE SIDE EFFECTS

- A low risk of prolonged itching, redness, and blistering.
- Risk of hair removal in treated area.
- A very low risk of bruising, peeling, rash, lightening or darkening of skin colour, ingrown hairs, removal of freckles, crusting, swelling, and infection.
- Scarring

* Call your treatment provider if side effects occur *