

## PIGMENTED LESION PRE- AND POST-TREATMENT CARE AT NORCAL DERMATOLOGY & COSMETIC

The treatment of pigmented lesions is based upon selective destruction of pigment containing skin cells. Some crusting, darkening, and epidermal damage is expected, which typically resolves within two to four (2-4) week period.

### PRE-TREATMENT CARE INSTRUCTIONS

- Avoid the use of Self-Tanners, Tanning Beds, and Sun Exposure on treatment site for at least 2 weeks prior.
- Discontinue the use of Retinoids (Retin-A/ Tretinoin, Retinol) at treatment site for at least 1 week before and after
- Inform treatment practitioner of any medications you are taking and fill out the medical history accurately.
- We strongly recommend the following measures to prepare for potential treatment side effects:
  - Take a non-sedating antihistamine such as Claritin (20mg) or Allegra (180mg) the morning of treatment day
  - Take five (5) Arnica tablets three times a day for 4 consecutive days starting at 2 days prior to your appointment. Our office dispenses high grade Arnica tablets for your convenience.
  - If you have frequent herpes breakouts in the treatment areas such as the lips, inform our office or provider so we can provide you a 3-day prescription of Acyclovir to take starting the day before your appointment.
- No make-up, lotions and sunscreens when arriving for treatment appointment.

### POST-TREATMENT CARE INSTRUCTIONS

- Apply wrapped ice or gel packs to the treatment area for ten to fifteen (10-15) minutes every hour for the remainder of the day. Never apply ice directly to skin. Wrapped frozen bags of peas and corn also work well.
- Apply Calendula cream/lotion to treated areas at least 3 times a day for at least 48 hours after treatment
- An oral, over-the-counter anti-inflammatory (ibuprofen such as Advil®) or an analgesic (acetaminophen such as Tylenol®) may be taken to reduce discomfort). We recommend ibuprofen for its anti-inflammatory effect.
- If sun avoidance is not possible, apply physical sunblock of at least SPF 40 (we recommend EltaMD sunblocks).
- Schedule for a follow-up appointment at 4 weeks post-treatment.
- We recommend the following measures for post-treatment skin care:
  - A skin care regimen that includes at least a SPF 40 physical sunblock (zinc oxide/titanium dioxide), a gentle skin cleanser, and a soothing gentle moisturizer rich in anti-oxidants to use daily as needed. If you do not have such a regimen already, ask our staff for our [post-treatment skin care regimen](#) or recommendation.
  - Sleep with head elevation at an incline on the first night after treatment to minimize the swelling
  - If bruising occurs, apply Arnica cream at least 4-5 times/day to bruises to help them resolve more quickly
- **AVOID the following, until redness has completely resolved:**
  - Applying cosmetics to treated areas (unless directed by doctor).
  - Swimming, especially in pools with chemicals.
  - Hot tubs, sauna, Jacuzzis or any activities that cause excessive perspiration and increase in body core temperature.
  - Sun exposure or tanning to treated areas.
  - Aggressive scrubbing and use of exfoliants (e.g. glycolic products) on the treated area.
  - Bathe or shower as usual but avoid hot water as treated areas may be temperature-sensitive.
  - Picking or scratching at treated areas.

### TREATMENT EXPECTATIONS

- A mild sunburn-like sensation is expected. This usually lasts 2-24 hours but can persist up to 72 hours.
- Mild swelling and/or redness may accompany this, but it usually resolves in two to three (2-3) days.
- Bathe or shower as usual but avoid hot water as treated areas may be temperature-sensitive.
- Pigment areas may temporarily appear darker; this is normal and is a desired result.
  - 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 progress to darkening and/or crusting and will start flaking off in an average of 1-2 weeks.  
**Do not to pick or pull at darkened lesions as scarring may occur.**
  - The lesion is usually healed in 3-4 weeks. It will continue to fade over the next six to eight (6-8) weeks.
- Repeat treatment may be performed in 6-8 weeks after dark lesions have completely flaked off.

### POSSIBLE SIDE EFFECTS

- Prolonged itching, redness, and blistering.
- Hair removal in treated area.
- Bruising, peeling, rash, lightening or darkening of skin color, crusting, swelling, infection, scarring (unlikely side effect).

**Call to schedule a treatment or for questions or concerns: 707-527-9517**