



Bellegrove Obstetrics & Gynecology Inc., P.S.

1200 - 112th Ave NE
Suite C-115
Bellevue, WA 98004
425-455-0244 425-455-9411 FAX

Pigmented Lesions - Laser Treatment Patient Instructions

Pre-operative Instructions:

1. The area to be treated should not have been exposed to the sun or tanning booth for at least 4 to 6 weeks before treatment. If so, treatment can cause blistering and possibly hypo-pigmentation (white spots) or hyper-pigmentation (dark spots) that can last for months.
2. If you use tanning cream, do not apply for 7 days before treatment.
3. Do not apply deodorants or skin lotion to the treatment area on the day of your appointment, or clean this off with a baby wipe or soap and water before your appointment time.
4. Patients taking high doses of iron may be more susceptible to hyper-pigmentation of the skin. This change usually resolves but can last for months. Be sure to tell us about any supplements, vitamins, or medications you are taking.
5. If you have a history of peri-oral herpes (cold sores) and are having laser to the face, a prophylactic antiviral therapy may be started 24 hours before treatment and continued for 1 week.
6. If you are having significant pain from the treatment, we will prescribe a numbing cream. This should be applied to the treatment area approximately every 10 to 15 minutes starting about 1 hour before the scheduled appointment. We will clean the area off immediately before treatment.

Post-operative Instructions/Recommendations:

1. Immediately after treatment there may be redness, stinging and some swelling at the treatment site. The lesions may "puff up", look swollen and sting for a few days. The feeling may last up to 4 days. There will be significant darkening of the lesions, sometimes almost turning black. This may last for 5 to 7 days. Approximately 1 week later the color will work its way to the surface and start to flake off like a scab. DO NOT pick at the area. You may gently wipe the flakes off, but avoid damaging the new skin.
2. If the area is too uncomfortable, apply cold packs or ice intermittently for the first day.
3. Tylenol is recommended for discomfort, if necessary. Avoid aspirin or ibuprofen.
4. Hot baths are not recommended for at least 24 hours. Quick warm showers are preferred.
5. Use a good moisturizer or Aloe Vera gel on the treated area so long as the skin is not broken, or once it heals. A combined moisturizer/sunscreen is particularly recommended.
6. If any areas form a blister, apply antibiotic cream (Neosporin, etc.) and keep the area covered until healed. If you think the area looks infected, call us.
7. Makeup may be used immediately after the treatment unless there is blistering. It is recommended to use new makeup to reduce the possibility of infection.
8. If you have excess itching or hives, take an anti-histamine like Benadryl, use a topical anti-itch product like Arnica gel (from the health foods store) or 1% hydrocortisone cream.
9. You must NOT tan or allow unprotected sun exposure to the treated area for at least 4 weeks after treatment. It is likely that these pigmented areas were originally caused by sun damage, so now is a good time to try to prevent more changes. Use a sunscreen of at least SPF 30. Failure to comply with this instruction can result in skin damage that may be permanent or take many months to heal.
10. If you received a test dose only, waiting at least 2 to 4 weeks is necessary to see if treatment was effective, and to treat any side effects that may have occurred.
11. We will instruct you on the timing of the next treatment. We usually wait 4 to 8 weeks between treatments.