



PIGMENTED LESION 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 one to four (1-4) week period.

- A mild sunburn-like sensation is expected. This usually lasts two to twenty-four (2-24) hours but can persist up to seventy-two (72) hours. Mild swelling and/or redness may accompany this, but it usually resolves in two to three (2-3) days. Apply wrapped ice or gel packs to the treatment area for ten to fifteen (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.
- Until redness has resolved, it is recommended to **AVOID THE FOLLOWING:**
 - o Applying cosmetics to treated areas.
 - o Swimming, especially in pools with chemicals, such as chlorine.
 - o Hot tubs, Jacuzzis, and saunas.
 - o Activities that cause excessive perspiration or any activity that may raise core body temperature.
 - o Sun exposure and tanning in treated areas. Apply a SPF 45 or greater sunscreen to prevent skin color changes.
 - o Aggressive scrubbing and use 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 twenty-four to forty-eight (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 seven to twenty-one (7-21) days.
- The lesion is usually healed in twenty-one to thirty (21-30) days. It will continue to fade over the next six to eight (6-8) weeks.
- Do not pick or pull at darkened lesions, as scarring may occur.