



## **Post Treatment Care For Pigmented and Vascular Lesions**

Recovery period is usually 1-3 weeks. The treated area is delicate and must be handled with care during this time. It may take a few weeks after the recovery process for you to notice fading of the treated lesions.

**Pigmented Lesions** - Darkening of any pigmented lesions is expected and considered a desirable result. Within the next 1-2 weeks the treated areas will begin to break apart and flake off. Please allow sloughing to occur naturally, being careful as NOT to rush the process. Do not pick or pull dark spots that are flaking off, it can cause scarring.

**Vascular Lesions** – Darkening, increased redness or minor swelling of any vascular lesions is expected and considered a desirable result. Smaller treated lesions will take up to three weeks to lighten or disappear. Larger lesions may take up to six weeks to lighten or disappear. Itching of treated lesions may occur for a few days.

**Follow numbered instructions below only if any:** blistering, swelling or discomfort persists. You should apply a 1% hydrocortisone or physician recommended cream, and ice the area to alleviate the discomfort. Perform the instructions above until symptoms have resolved.

Please call our office and follow the instructions as indicated below until any blisters have completely healed.

1. Keep area clean using mild soap and water.
2. Apply antibiotic cream to any crusted areas or blisters twice daily and cover with a bandage. Do this for 7-10 days.
3. Showers are permitted, but prolonged bathing is not advised. Do not allow hot water to directly contact the treated area. Gently pat dry treated area.
4. Any discomfort you feel should be relieved with acetaminophen (Tylenol). Do not ingest aspirin or aspirin-containing medicines during the healing phase (1-2 weeks).
5. Do not tan the treated area for the duration of your treatment schedule and at least 4 weeks post your final treatment. Failure to comply with this may result in darkening or lightening of the treated areas. Use a sunblock SPF 30 or higher throughout the course of treatment.
6. Avoid swimming and aggressive sports activities while the skin is healing.
7. Do not “pop” any blisters or pick any scabs that develop.
8. Call our office if you have any questions or concerns.