

## ABBEY AESTHETICS

860-242-0497

### RECOMMENDED PRE & POST CARE FOR PIGMENTED LESION TREATMENT

For best results please follow these instructions

#### **Before your treatment:**

- Do not wear make-up on the day of treatment.
- No sun-tanning or self-tanners 4 weeks prior to treatment (including spray tans, tanning lotions, tanning beds, sun exposure, etc.).
- Some medications or supplements may increase the risk of bruising. Consult with your physician.
- Avoid treatments that may irritate the skin for 1-2 weeks prior to treatment (waxing, depilatories, etc.).
- Notify our office with any changes to your health history or medications since your last appointment.
- History of herpes or cold sores may require an anti-viral prescription prior to treatment.

#### **After your treatment:**

- Avoid sun exposure and use a broad spectrum (UVA/UVB) sunscreen, to prevent further sun damage.
  - Bruising, redness, and swelling are common and resolve with time.
  - Treated pigment will turn darker (brown to black) within 24-48 hours. Do not pick at treated areas. Treated pigment will exfoliate off the face in approximately 1 week. Treated pigment will exfoliate off the body in approximately 2-3 weeks.
  - Avoid heat (hot tubs, saunas, etc.) for 1-2 days.
  - Avoid skin irritants for a few days post treatment. Examples include products containing tretinoin, retinol, benzoyl peroxide, glycolic/salicylic acids, astringents, etc.
  - Notify our office of any concerns (blistering, excessive redness/swelling, etc.).
  - Consult with our office about when to resume your normal skin care regime.
  - Additional instructions: \_\_\_\_\_
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