



Boston Medical
Aesthetics

Laser Pigment Treatment Pre & Post Care Instructions

PRE TREATMENT

1. Avoid any form of tanning including outdoor sun exposure, sun beds, self-tanner & spray tans for 4 weeks prior to treating. No UV/Sun exposure for 14 days post treatment. Use sunscreen daily.
2. No antibiotic use 2 weeks prior to treating (oral or topical). No Accutane within 6 months prior to treatment. No retinol use on treatment area 7 days prior to treatment.
3. Make sure treatment area is cleansed and free of any skincare irritants such as lotions, oils & perfumes prior to treatment.
4. No active skin infections or lesions, no tattoos in treatment area(s).
5. No history of keloid scarring, no history of epilepsy, no active skin cancer.
6. Must not be currently pregnant or breastfeeding.

POST TREATMENT

- Immediately after treatment, there should be erythema (redness) and edema (swelling) at the treatment site, which may last up to 2 hours, or longer. The erythema may last up to 2-3 days. The treated area will feel like a sunburn for a few hours after treatment.
2. Your provider may use an optional cooling method immediately following treatment to ensure your comfort.
 3. A topical soothing skin care product such as aloe vera gel may be applied following treatment if desired.
 4. Avoid sun exposure to reduce the chance of hyperpigmentation (darker pigmentation).
 5. Use sunblock (SPF 30+) at all times throughout the course of treatment.
 6. The treated pigment will appear darker immediately and within the first few days following treatment. The darkened pigment will flake off like dry skin within 7-10 days. Avoid picking or scratching the treated skin.

7. There are no restrictions on bathing except to treat the skin gently, as if you had a sunburn, for the first 24 hours.