

# Guidelines for pigmented lesions laser treatment

## *Before the procedure:*

4 weeks before and during the procedure – avoid solarium and sunbathing. When exposed to intense sunlight, use a sunscreen with a high protection factor (SPF 30).

1 week before – stop using any medications containing glycolic acid and tretinoin.

72 hours before – avoid using any medications increasing sensitivity to light.

On the area to be treated with laser, no blistering, skin diseases, acne or infections may occur.

## *After the procedure:*

- ▶ Immediately after the procedure, the pigment spots seem darker. In 1–2 weeks after the procedure, they will become even darker.
- ▶ Redness, swelling and a feeling of sunburn may occur, but will fade away in a few hours up to 3 days. To alleviate these symptoms, we recommend applying a cold compress on the laser-treated area for 15 minutes.
- ▶ We will provide you with sensitive skin soap for washing the laser-treated area. Avoid rubbing the skin and using hot water.
- ▶ Keep moisturising the area with the Helosan cream provided by us.
- ▶ Avoid physical activity that makes you sweat until the swelling goes down.
- ▶ For 1 week after the procedure, avoid using body products that might irritate the laser-treated area.
- ▶ In case of any blistering, scabbing or strong irritation, the clinic should be contacted. Do not remove the scabs on your own.