

MED LITE LASER PRE- AND POST-OPERATIVE INSTRUCTIONS

Precautions To Take Before Your Laser Treatment

1. **You must not have a tan or used artificial tanning.** A sunblock of SPF 30 or a cover should be applied to the lesion being treated whenever exposed to the sun and throughout your course of treatment.
2. Do not use aspirin, medicines containing aspirin for 7 days before laser treatment.

Precautions To Take Following Your Laser Treatment

1. Do not rub, scratch, exfoliate, or pick the treated area while crusting (bruise, blue/gray discoloration) is present.
2. If the treated area becomes tender, dark red or shows signs of infection (i.e. pus), please call the office.
3. Do not apply make-up for 8 days.
4. Avoid contact sports while the crust and bruises are present.
5. Avoid rubbing or pressure (caused by clothing or jewelry) on the treated areas. A dressing should be applied to the treated area to prevent this.
6. Avoid exposure to the sun. If sun exposure is expected after one week, apply a sunblock of SPF 30 or higher to prevent pigmentation changes until the lesion is healed. If the lesion has a scab or tissue changes, cover the area with a dressing while exposed to the sun.

Care Of The Treated Area

1. Apply ointment (Bacitracin or Polysporin or Vaseline) to the area, keeping it moist 24-hours/ day with ointment and bandage. It is important to continue this until the area has completely healed. (No longer an open wound).
2. Large areas treated for brown spots, and tattoos can be covered with plastic wrap (i.e. Saran Wrap) to protect clothing from the ointment.
3. It is helpful to apply ice packs (being careful not to burn your skin because feeling will not return immediately if an anesthetic was used). Place a protective layer over your skin. Ice 15 minutes every hour on the treated area.
4. Showers are permitted, but gently pat the area dry. Do not rub with a towel or washcloth, as the area is extremely delicate while the crust (bruising) is present. If the legs are treated, do not take a bath for 48 hours as the intense heat may cause additional discomfort. Showers are recommended.
5. Any discomfort you may have (usually not lasting more than 6 hours) can be relieved with Tylenol Extra Strength (take 2 tablets every 4 hours as needed).
6. After the initial crusting and red discoloration disappears, hyperpigmentation (brown coloring) or hypopigmentation (white) may be present for up to 3-5 months. This is rare but if it occurs, use a sunblock (SPF 30) on the area until the normal color returns.

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The treated area is extremely delicate and must be treated with care while the crusting and bruising is present. (This crusting and bruising may last 7-14 days). Tattoos: You will also need additional treatments on the area being treated. Treatments are separated by four to six weeks. If you have any questions or concerns regarding your laser treatment, please contact the office.