

PIMA DERMATOLOGY

ADULT / PEDIATRIC / COSMETIC / LASER & SKIN SURGERY

POST-OP INSTRUCTIONS FOR LASER TREATMENT OF TATTOOS AND/OR BROWN SPOTS

What Should I Expect Following the Treatment?

- The treated area(s) will turn white or grey immediately following your treatment for several hours. In some cases, there will be some areas of pinpoint bleeding or significant areas of bruising. This is a normal reaction.
- **If needed, apply cool compresses or ice liberally for the first 24 to 48 hours to minimize redness and swelling.**
- It is possible that you may experience blistering, scaling, or crusting following the procedure. If the treated area is near the upper cheek or eye, you should anticipate some swelling. If this occurs, sleep with your head elevated and apply ice packs. Mild itching may be relieved with cool compresses.

How Do I Take Care of the Treated Area(s)?

- Cleanse area with Cetaphil® cleanser or Dove® soap and cool water.
- Pat the area dry with a lint-free cloth, and apply an antibiotic ointment (Polysporin® or Bacitracin).
- Make sure to apply a thick layer of the antibiotic ointment then apply a nonstick dressing bandage (Telfa pad) on treated site.
- Avoid harsh cleansers, Tretinoin (Retin-A), and Retinol creams for 7 to 10 days.
- A glycolic cleanser, such as Glytone® Mild Cream Wash, may be prescribed for post brown spot treatment.

What Should I Do if the Treated Area Begins to Crust or Blister?

- The skin should be cleansed gently with a solution of 1/2 hydrogen peroxide and 1/2 water or a gentle cleanser such as Cetaphil® cleanser and water.
- Treat twice daily with applications of Polysporin®, Bacitracin ointment, or Vaseline®. If the area has increased swelling, redness, or itching, discontinue the ointment and call the office.

Is a Bandage Necessary?

It is not necessary to wear a bandage if brown spots are treated. However, if a bandage is mandatory, a Band-Aid or a Telfa (non-adhesive) bandage should be used for tattoo patients. The bandage can be cut to size and secured with paper tape or an ace wrap.

Please see next page.

Can I Get the Treated Areas Wet?

The area may get wet while bathing, but swimming or hot tub use should be avoided for one week following a treatment or while the skin is open.

May I Wear Makeup Following the Procedure?

- Makeup may be worn when there are no crusts or scabs and the area(s) are healed.
- Particular care must be taken to avoid irritation of the skin while removing the makeup.
- You should avoid abrasive or irritating makeup removers. We recommend Neutrogena® makeup remover.

Is Sun Exposure Permitted Following the Procedure?

- Do not allow direct sun exposure to the area(s) treated with the Laser.
- If the treated area is healed with pink skin and the skin is not open, crusted or blistered, then you must apply a broad-spectrum sunscreen of SPF 30 or higher such as EltaMD® SPF 30, Solar® 58 SPF, or TiZo® 40.
- Sunscreens should always be applied to avoid sun damage or skin darkening.

When Can I Work Out?

- Working out is permitted several days to one week after treatment.
- If you have any stinging or pain during your workout, please discontinue activity until cleared by your Provider.

When Should I Return to Have My Treated Area Reevaluated?

- You should return with a follow-up visit four to six weeks after your treatment for additional treatment or to evaluate the effectiveness of the Laser treatment.

Please contact us at 520.795.7729 if you have any questions or concerns.