



## **Recommended Pre & Post Care for Pigmented Lesion/Melasma Treatments**

*For best results please follow these instructions*

### Before your treatment:

- Do not wear makeup on the day of treatment
- No sun-tanning or self-tanners 4 weeks prior to treatment
  - Includes spray tans, tanning lotions, tanning beds, sun exposure, etc.
- Some medications or supplements may increase the risk bruising. Consult with your physician.
- Avoid treatments that may irritate the skin for 1-2 weeks prior to treatment (waxing, depilatories, etc.)
- Notify clinic 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
- Discontinue products containing tretinoin, retinol, hydroquinone, benzoyl peroxide, glycolic/salicylic acids, astringents, etc. 5 days prior to treatment. Discontinue Accutane 6 months 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
- If history of histamine flare responses, consider treating with antihistamines.
- 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 (examples below) a few days' post-treatment
  - Products containing tretinoin, retinol, benzoyl peroxide, glycolic/salicylic acids, astringents, etc.
- Notify clinic of any concerns (blistering, excessive redness/swelling, etc.)
- Consult with clinic about when to resume skin care regime.
- Treatment Intervals: Melasma – 2-4 weeks, hyperpigmentation – 4-6 weeks
- Additional instructions: \_\_\_\_\_

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Woodlands Wellness & Cosmetic Center

Provider Name: \_\_\_\_\_

Patient Name: \_\_\_\_\_

Phone Number: 281-362-0014