



Pigmented Lesion Post-Treatment Guidelines

The mechanism of pulsed-light pigmented lesion removal is based upon selective destruction of melanocytes and melanosome-containing epidermal keratinocytes. Their destruction is associated with some crusting and epidermal damage, which typically resolved within a one to four (1-4) week period.

- A mild sunburn like sensation is expected. This usually lasts two to twenty-four hours but can persist up to seventy-two (72) hours. Mild swelling and/or redness may accompany this, but it usually resolves in two to three (2-3) days. Apply wrapped ice or gel packs to the treatment area for ten to fifteen minutes every hour for the next four hours, as needed. Never apply ice directly to the skin. An oral, over the counter anti-inflammatory (ibuprofen such as Advil) or an analgesic (acetaminophen such as Tylenol) may be taken to reduce discomfort. Use medicine according to manufacturers recommendations.
- Until redness has resolved, it is recommended to **avoid the following:**
 - Applying cosmetics to treated areas.
 - Swimming, especially in pools with chemicals, such as chlorine.
 - Hot tubs, Jacuzzis, and Saunas.
 - Activities that cause excessive perspiration or any activity that may raise core body temperature.
 - Sun exposure and tanning in treated areas. Apply a SPF 45 or greater sunscreen to prevent skin color changes.
 - Aggressive scrubbing and use of exfoliants on the treated area.
- Bathe or shower as usual. Treated areas may be temperature-sensitive.
- The lesion may initially look raised and/or darker with a reddened perimeter.
- The lesion will gradually turn darker over the next twenty-four to forty-eight (24-28) hours. It may turn dark brown or even black.
- The lesion will progress to darkening and/or crusting and will start flaking off in an average of seven to twenty-one (7-21) days.

- The lesion is usually healed in twenty-one to thirty days. It will continue to fade over the next six to eight (6-8) weeks.
- **Do not pick or pull at darkened lesions as scarring may occur.**

Please call our office with any questions:

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