



**Recommended Pre & Post Care for Pigmented Lesion Treatments**  
*For best results please follow these instructions*

**\*\*ARRIVE 30-MINUTES PRIOR TO YOUR APPOINTMENT\*\***

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
- Taking a daily antihistamine (generic is fine) 7-10 days before may help reduce swelling side effects

After your treatment:

- Avoid sun exposure and use a broad spectrum (UVA/UVB) sunscreen to prevent further sun damage
- Bruising, redness, welting, and swelling are common and resolve with time
- 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.)
- Additional instructions: *Ice treatment area as needed to reduce swelling. Take over the counter anti-histamine in the morning and Benadryl at night. Sleeping at a slight incline and on your back is helpful to reduce the amount of swelling you may experience.*

Clinic: Georgia Skin Cancer & Aesthetic Dermatology

Contact at Clinic: Cosmetic Coordinator

Clinic Phone Number: 706.543.5858 ext. 2007

**We look forward to seeing you at your next visit**

Date: \_\_\_\_\_

Time: \_\_\_\_\_

**\$50 DEPOSIT REQUIRED TO SCHEDULE APPOINTMENTS.  
CREDIT APPLIED TOWARDS TREATMENT IF APPOINTMENT IS KEPT.  
NO REFUND IF CANCELLATION IS WITHIN 24-HRS OF APPOINTMENT.**

Revised 2/14/17