

# SPECTRA Laser – Post Treatment Skin Care

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**\*\*Post treatment care instructions are to be followed throughout the course of your treatment. Failure to follow these instructions may lead to adverse effects such as scarring.**

## **1. WHAT SHOULD BE AVOIDED BEFORE AND AFTER LASER TREATMENT?**

Sun exposure to the treated area should be avoided. The laser treated area should not be exposed directly to the sun during your entire treatment session. A suntan will increase the pigment content of your skin and thereby decrease the effectiveness of the treatment. A sunscreen of SPF 30 or higher is recommended and should be applied whenever the treated area is exposed to sunlight. Sunscreen is used when the red discoloration disappears and the lesion heals. During healing, if exposed to sunlight, antibiotic ointment should be applied to the treated lesion and a dressing worn to protect the area.

## **2. CARE OF THE LASER TREATED AREA.**

Immediately following your laser treatment, the treated area will become a whitish/gray or red discoloration and with tattoo treatment, pinpoint bleeding may occur. This discoloration will change and lighten over a period of 7 – 14 days as it heals. The treated area **MUST** be treated delicately during this time.

### RECOMMENDED CARE:

- Do not rub, scratch or pick at the laser treated area.
- Avoid pressure from tight clothes.
- Avoid rubbing the treated area with a face cloth or sponge. Gently pat the area dry promptly after washing.
- Avoid contact sports or excessive sweating during the healing period when the lesion is a reddish/purple discoloration.

When the discoloration disappears and the healing is completed, the lesion may not have lightened much yet. It will take a few weeks after the discoloration disappears before the lesion starts to lighten or you can notice an improvement.

## **3. WHAT CAN I USE IF DISCOMFORT OCCURS FOLLOWING MY LASER TREATMENT?**

Discomfort or stinging will usually last for no more than 6 hours following the laser treatment. To relieve this discomfort, you may do any of the following:

- Ice, wrapped in a soft cloth, may be applied to the treated area to reduce discomfort or any swelling that may occur.
- Apply any antibacterial ointment, either Polysporin or Bacitracin, to the treated area twice a day.
- Tylenol may also be taken.