

# Patient pre-treatment and post-treatment care<sup>1-3</sup>

## Pre-treatment

### One month prior

- Avoid sunbathing, tanning beds and self-tanners
- Wear sunscreen, SPF 30+
- Consider using a moisturizing lotion daily

### One week before

- Avoid the use of photosensitizing medications, and medications such as Retina A or Glycolic Acid

### One day before

- For those with a history of Herpes Simplex virus infection, consider taking a prescribed antiviral medication

## Day of treatment

- Inform your physician if you have changed medications or have had recent sun exposure.
- For the treatment of blood vessels:
  - *Avoid smoking cigarettes for at least 4-8 hours before treatment, as this may constrict the vessels and make treatment less successful*
- Apply EMLA or other topical anesthetic only if directed by your provider

## Post treatment

### Immediately post treatment

- Apply sunscreen (SPF 30+) to all areas treated and avoid sun exposure

### Same day of treatment

- Avoid saunas, strenuous exercise, and any activity that may cause excessive heat to the treatment area for 24 hours
- A feeling of itchiness may be noticed, which is normal
- Do not scrub or scratch the treated areas
- Apply a moisturizer to the treated area. For the area treated with the Frax 1550™ and/or Frax 1940™ – consider a heavier moisturizer such as Aquaphor
- Do not apply products that may cause your skin to react negatively. Do not use peels or aggressive cleansers for 1-2 weeks or until complete healing
- If possible, avoid using makeup (other than sunscreen and moisturizer) for 24 hours after treatment. Note: Treated pigment may become darker following the treatment, this is a desired effect and may be covered by make-up
- Inform your doctor immediately if there is continued or severe discomfort or any sign of blistering. This is very uncommon, but requires attention

### Benign pigmented lesion treatments

- Redness and swelling are expected post treatment
- MENDs are common post treatment and should resolve in 7-14 days. Avoid scratching or picking and keep the treatment area moisturized until complete healing.

### Vascular lesion treatment

- Slight redness, swelling and itchiness are common for a few minutes to a few hours after treatment
- Dry skin or peeling may be noted after treatment (apply moisturizer)

## 1 to 2 weeks post treatment

- Avoid direct sun exposure on the treatment area
- Always use sunscreen (30 SPF+) and reapply every 2 hours
- Continue using a daily moisturizing lotion

