



Laser Melasma and Sun Spots Pre- and Post-Treatment Instructions

Pre-Treatment Instructions:

- To help achieve the best possible results, immediately before treatment shave or trim any hairs in the area of treatment, if needed.
- Please refrain from wearing any makeup to your appointment.
- Avoid self or spray tanners for 2 weeks prior to your treatment.
- Stop your retinols 72 hours prior to treatment.
- If you have a history of oral/perioral herpes, please start prophylactic Valtrex 24 hours before your treatment.
- Treatment cannot be provided if you have been on Accutane in the previous 6 months.

Post-Treatment Instructions:

- You may return to your usual daily activities immediately following treatment.
- Avoid extended sun exposure or tanning for 1 month after treatment. Use an extended spectrum SPF of 30 or higher following any laser treatment. Apply multiple times throughout the day.
- Keep the treatment site moist by applying an inert moisturizer (e.g., Aquaphor, Vaseline) multiple times per day for a week after treatment. If you have a crust or scab that has developed, apply Bacitracin or Polysporin.
- Do not pick at skin if any scabbing occurs!
- If the area becomes tender, reddened, or shows other signs of infection, please reach out to the office immediately.

Results:

- The area will change color and likely darken in the days and weeks following treatment. A crust or scab may also form. This is normal for the healing process and should be allowed to slough off on its own. Do not rub, pick, or scratch at these areas.
- To achieve the best results, follow the laser treatment schedule as recommended by your care provider. After completing the initial treatment schedule, maintenance sessions will typically be needed for melasma control.

If you are concerned about an emergency, please call (541) 588-4252, or go to your nearest emergency room.