

## MELASMA: Pre/Post Care

### PRE-TREATMENT



Notify your practitioner of any medications you have used within the last 6 months.



Notify your practitioner if you have a history of cold sores.

### IMMEDIATELY BEFORE TREATMENT



Remove any make-up and/or lotions and make sure that the skin is dry in the area to be treated. Come to your appointment WITHOUT any makeup or products applied to the skin.

### POST TREATMENT



You may return to your normal daily activities immediately after your treatments, but refrain from vigorous exercise for 3 days post-treatment.



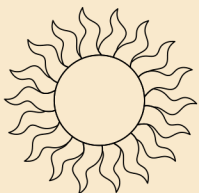
Keep the area well moisturized with a healing moisturizer such as Aquaphor. The area will change color in the days and weeks following treatment and may form a crust or a scab.

This is a normal occurrence during the healing process and should be allowed to slough off on its own.

Do not rub, scratch or pick at the treated area to let the treated area naturally heal.



If the area becomes tender, reddened or shows signs of infection, please notify the office immediately.



Avoid extended sun exposure or tanning for one-month post treatment. After the crusted pigmented skin layer sloughs off, use a broad spectrum UVA/UVB minimum of SPF 30. Remember to reapply throughout the day.



To achieve the best results, complete the full treatment schedule at the intervals recommended by your laser practitioner.