



SWR Pigmented Lesions Pre & Post Care

PRIOR TO YOUR APPOINTMENT YOU MUST HAVE TOPICAL ANESTHETIC AND HAVE STARTED VALACYCLOVIR 2 DAYS PRIOR TO YOUR APPOINTMENT (if treatment area is around your mouth). If you do not have these items, call the office immediately at 503-964-5334.

You should be 4 weeks without any sun exposure (either before or after treatment) including visiting a sunny locale. Even if you wear sunscreen daily, if you have been in the sun you will have unpredictable results and we will not treat you. We do not do any heat procedures during the warmer, sunnier weather.

Before your treatment:

- Do not wear makeup on the day of treatment
- No sun-tanning or self-tanners 4 weeks prior to treatment
- Some medications or supplements may increase the risk bruising. Consult with your clinic.
- 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 will require an anti-viral prescription prior to treatment
- If you are taking sun sensitizing medications like doxycycline, let the clinic know prior to our treatment. Your appointment may need rescheduled.

After your treatment:

- Avoid sun exposure and use a broad spectrum (UVA/UVB) sunscreen to prevent further sun damage. You may blister if you go into the sun after a laser treatment without highly protective sunscreen.
- Bruising, redness and swelling are common and resolve with time
- Treated pigment will turn darker (brown to black) within 24-48 hours
- Avoid heat ? hot tubs, saunas, etc. for 1-2 days
- Avoid skin irritants (anything that stings or burns) a few days post-treatment
- Notify clinic of any concerns (blistering, excessive redness/swelling, etc.)
- Consult with clinic about when to resume skin care regime.