



YAG LASER POST CARE INSTRUCTION

You have chosen to have the brown spots on your face, chest, arms or hands treated today. These spots are called lentigines or sunspots. These areas develop as a result of long-term sun exposure. As a part of your treatment, it is very important to make sunscreen a part of your daily skin care routine. This will protect the areas you have treated today and help protect your skin in the future.

IMMEDIATELY AFTER YOUR TREATMENT

You may experience some irritation or stinging similar to a mild sunburn sensation. The areas treated will appear "ashy" in color and may have some surrounding redness and swelling. Icing the treated areas off and on for 5-10 min (especially for the face) will help with any discomfort or mild swelling which may occur.

RECOMMENDED PRODUCTS TO USE

For cleansing, please use gentle cleansers such as Cerave, Cetaphil, or Dove. Please use fingertips, do not use washcloths to scrub the areas. During the healing process, the treated areas will appear darker and will naturally have a rough texture. This is normal and may take up to 2 weeks to completely slough off or peel. Avoid picking or scrubbing the treated sites. Application of these agents may start the day of your treatment and continue until areas have completely healed. For best results please try to keep areas lubricated often with Aquaphor or Alastin Recovery Balm (available in our retail area or check out desk). There are no restrictions regarding makeup. However, most people wait a few days after treatment, when the face is less sensitive.

- PLEASE AVOID SIGNIFICANT SUN EXPOSURE THE DAY OF TREATMENT. USE SUNSCREEN EVERY DAY AND REAPPLY EVERY 2 HOURS IF YOU WILL BE OUTSIDE.
- IF YOU HAVE ANY QUESTIONS OR CONCERNS REGARDING YOUR TREATMENT AND HEALING, PLEASE CALL OUR OFFICE AT 317-516-5000 EXT 301 BETWEEN THE HOURS OF 8AM AND 4PM