



Post-Op Instructions for the GentleLASE Brown Spot Treatment

Overview:

- This treatment is used for brown spots on the skin such as lentigines, keratoses, and freckles. With just one or two treatments, significant improvement (i.e. they are less noticeable) in the appearance of these lesions is possible.
- The treatment is useful for patients with light to medium skin tones.
- After the procedure, first the pigment of the treated area darkens. Then, within one to two weeks the lesions fall off. While the treated area heals, make-up may be worn to conceal the spots.
- One treatment often results in a 50% reduction in pigmented lesions.

Immediate Post- op :

- Post treatment, the skin will be slightly red and feel warm. Cool compresses, aloe, or no treatment may be necessary for this phase, as indicated by patient comfort.
- Prior to discharge from the office, a sunblock that is high in zinc and titanium oxide is applied.

Home post-op care:

- After several days, the darkened treated lesions will begin to peel/flake off. Do not rub, scrub, or pull on the peeling skin as this may cause scarring. (Picking or pulling on the peeling skin may change the depth of the peel just like pulling on a torn cuticle causes the wound to deepen.)
- You may shower and wash the treated area with a mild cleanser or Dove soap. Use your hands only (no washcloths allowed).
- Apply antibiotic ointment to the spots twice a day to keep the peeling less noticeable and prevent infection. If additional moisturizing of the peeling skin is necessary throughout the day, apply a small amount of Aquaphor or Vaseline to the spots.
- Apply sunblock with zinc oxide and titanium oxide over the antibiotic ointment before going outdoors or sitting near windows. We will give you specific recommendations on which sunblock you should use at the time of your treatment. This should be done daily until your post-operative visit in 2-3 weeks.
- Make-up can be applied over the sunblock or to blend in around it.

Note:

- Brown spots/growths tend to recur. In addition, brand new ones will tend to form with aging and continued sun exposure. Minimizing sun exposure will help decrease their formation. A sunblock that is high in zinc oxide and titanium oxide is the best protection from the sun. Adjunctive use of bleaching creams or glycolic acid pads are also useful to minimize recurrence.
- Most patients have their GentleLASE treatments in the fall/winter. After the summer, a maintenance treatment session(s) is/are scheduled to maintain the clear skin effect.