



### **Aftercare instructions: Spot Removal**

- Use a Gentle Cleanser AM and PM to avoid irritating the treatment site with a harsh cleanser. SkinMedica Sensitive Cleanser available for purchase at the office.
- If you currently use Hydroquinone for pigmentation issues, do not discontinue use. It is important to use this medication in conjunction with the laser. Lytera 2.0 can be purchased in office, which can lessen the appearance of unwanted pigment on the face and body.
- You can use your anti-aging skin care products following this procedure except for Retinol. Please refrain from using Retinol products for 1 week. If you do not currently use a Retinol you should consider buying one for maximum effect. If any of these creams sting or burn, avoid using them for several days and then re-try.
- Any discomfort you feel (usually not lasting more than 6 hours) should be relieved with acetaminophen (Tylenol).
- **Do not tan the area treated.** Avoid sun exposure. Use a sunscreen with an SPF 30 or greater throughout the course of treatment. Wearing a hat with a 3" brim or wider will shield direct sun exposure from your face.
- Avoid swimming and contact sports while the skin is healing. The skin is a little sensitive for 24-48 hours following the procedure: avoid direct heat and sunlight on the treatment sites.
- Everyone heals differently, depending on your particular condition, the type of laser you were treated with, and the way your skin reacts to the laser(s). If you develop any blisters, crusts, prolonged swelling, pain in the area treated, or if you are concerned at all about your healing process, *then you should call our office at 419-484-5960 in order to get further instructions.*

If you experience any issues after your treatment please call  
Vein and Body Specialists at 419-484-5960