

Recommended Pre & Post Care for Pigmented Lesion/Sun Spots Treatments

For best results please follow these instructions

Before your treatment:

- Do not wear makeup on the day of treatment
- No sun-tanning or self-tanners 4 weeks prior to treatment
 - Includes spray tans, tanning lotions, tanning beds, sun exposure, etc.
- Some medications or supplements may increase the risk of bruising. Consult with your physician.
- 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 may require an antiviral prescription prior to treatment

After your treatment:

- Avoid sun exposure and use a broad spectrum (UVA/UVB) sunscreen to prevent further sun damage
- Bruising, redness and swelling are common and resolve with time
- Treated pigment will turn darker (brown to black) within 24-48 hours
 - Do not pick at treated areas
 - Treated pigment will exfoliate off the face in approximately 1 week
 - Treated pigment will exfoliate off the body in approximately 2-3 weeks
- Avoid heat – hot tubs, saunas, etc. for 1-2 days
- Avoid skin irritants (examples below) a few days post-treatment
 - Products containing tretinoin, retinol, benzoyl peroxide, glycolic/salicylic acids, astringents, etc.
- Notify BodyWorks Days Spa of any concerns (blistering, excessive redness/swelling, etc.)
- Consult with spa staff about when to resume your skin care regime.
- Additional instructions: _____