

Pulsed light removes pigmented lesions by selectively destroying cells that contain melanin. Their destruction is associated with some crusting and epidermal damage, which typically resolves within a one to four week period.

- A mild sunburn-like sensation is expected. This usually lasts two to twenty-four hours but can persist up to seventy-two hours. Mild swelling and/or redness may accompany this, but it usually resolves in two to three days. If needed, you may apply wrapped ice or gel packs to the treatment area for ten to fifteen minutes every hour for the next four hours. Never apply ice directly to the skin. An oral, over the counter anti-inflammatory (such as ibuprofen) or an analgesic (such as acetaminophen) may be taken to reduce discomfort. Use medicine according to manufacturer's recommendations.
- Avene post-treatment kits are available for purchase at the office as well. (See Avene Skin Care)
- Until redness has resolved, it is recommended to **avoid the following**:
 - Applying cosmetics to treated areas (light, fragrance-free, retinol free, non-irritating cosmetics may be used if necessary)
 - Swimming, especially in pools with chemicals, such as chlorine
 - Hot tubs, jacuzzis, and saunas
 - Activities that cause excessive perspiration or any activity that may raise core body temperature
 - Sun exposure and tanning in treated areas Apply a SPF 45 or greater sunscreen to prevent skin color changes
 - Aggressive scrubbing and use of exfoliants on the treated area
- Bathe or shower as usual. Treated areas may be temperature-sensitive.
- The lesion may initially look raised and/or darker with a reddened perimeter.
- The lesion will gradually turn darker over the next twenty-four to forty-eight hours. It may turn dark brown or even black.
- The lesion will progress to darkening and/or crusting and will start flaking off in an average of seven to twenty-one days.
- The lesion is usually healed in twenty-one to thirty days. It will continue to fade over the next six to eight weeks. More than one treatment may be necessary.
- **Do not pick or pull at darkened lesions as scarring may occur.**

POSSIBLE SIDE EFFECTS OF TREATMENT

- Prolonged itching, redness, swelling or blistering
- Bruising, peeling, rash, lightening or darkening of skin color, ingrown hairs, crusting, infection and removal or lightening of freckles
- Hair removal in treated area