

New Skin Medical

James C. Sherman, MD

Recommended Pre & Post Care for Pigmented Lesion Treatments

Before Treatments

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 or tanning beds, sun exposure, etc.)

Some medication or supplements may increase the risk of bruising. Please notify physician.

Avoid treatments that may irritate the skin for 1-2 weeks prior to treatment (Waxing, depilatories, etc.)

History of herpes or cold sores may require an anti-viral prescription prior to treatment

After Treatments

Avoid Sun exposure for 2-4 weeks following treatment 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 within 24-48 hours

DO NOT pick at treated areas

treated pigment will exfoliate off face in approximately 1-2 weeks

Avoid heat (hot tubs, saunas, etc.) for 1-2 days

Avoid skin irritants

Tretinoin

Retinol

Benzoyl peroxide

Glycolic, salicylic acids

Astringents

Notify clinic of any concerns (Blistering, excessive redness, swelling, etc.)

Consult with physician when to resume skin care regime.

Additional Instructions:

If you have any questions please contact New Skin Medical
Phone Number: 706-836-0951 contact person: Christina