



Alexandrite/Picoway/Ruby

What to expect during and after your procedure

During your procedure:

- Your eyes will be protected.
- You will feel a brief sensation of heat (similar to grease “splattering” or rubber band “snapping” against your skin).
- Each brown spot will be targeted by the laser until the entire spot has been completely covered.
- Cold air may be applied directly to skin surface as it is being treated to help decrease sensation of heat.

After your procedure:

- Sensation of heat/intense sunburn (will subside throughout the day). It is OK to take Tylenol or Ibuprofen.
- You may notice a “white frosting” appearance over treated area. This will subside shortly after the procedure and then may look bruised or purple.
- Redness and mild swelling may occur in the treated area.
- Apply sunscreen with Zinc Oxide and/or Titanium Dioxide daily. Protect the treated area from the sun both indoors & outdoors (hat, sunglasses, sunscreen).
- You can apply ice (20 min. on and 20 min. off) the day of procedure and the following day to help reduce the sensation of heat and to help minimize swelling.
- Swelling typically peaks at 12-24 hours. If your treatment is being performed on your face, sleeping with your head slightly elevated at night for the first 2-3 nights will help minimize it.
- Swelling may vary from patient to patient. Some patients may not experience swelling and others may experience marked swelling.
- NO RUBBING, PICKING OR WIPING THE TREATMENT AREA.
- It is OK to shower the day of procedure.
- Gentle cleansing is fine.
- Treated areas will darken & look worse while healing.
- Crusting/scabbing may occur (allow to come off naturally, do not try to remove).
- Apply ointment until crusting/scabbing resolves (typically 5-10 days).
- You can wear make-up (unless instructed not to by your physician) as long as you are not rubbing, picking or wiping off the skin surface when applying or removing it.
- It is important that you schedule follow-up appointments as instructed by your physician.
- It is always a possibility that you may not get the desired result after one treatment. Additional treatments may be necessary to achieve optimal desired results.
- Follow any additional specific post treatment instructions from your physician.
- Follow up with your physician in _____ days/weeks, or as needed.

Please contact our office if you have any questions or concerns at (858)657-1002

Additional notes/instructions:

Dr. _____ Assistant: _____ Date: _____