

## **Melasma, sun damage and pigmented lesions instructions**

### **You can choose your downtime and effectiveness**

We do have some gentle protocols for those who would like 3 sessions with significant benefits. We also have more targeted protocols for rapid results. When there is both epidermal and dermal damage, we can treat one at a time or combine both as targeted treatments during the same session. Your tolerance to some down time will indicate what intensity we will use. To reassure you, this laser is very gentle compared to other lasers in general.

**Melasma** is usually considered a chronic problem. Unless very localised after a sunburn or pregnancy, you will need significant effort to maintain your results. It may progressively come back.

### **How many sessions will I need?**

For most non raised pigmented lesions, 1-2 sessions is enough.

For generalised epidermal pigmentation such as freckles and solar lentigo, 1-3 sessions is recommended.

For Epidermal and dermal Melasma, usually 3-6 sessions are recommended.

**Treatment frequency:** every 3-4 weeks

### **Pre Treatment**

- No tanning two weeks before and after each treatment.
- If you have used Accutane or oral retinoids within the last 6 months you need to let us know since your skin will be more sensitive.
- Come to the office with totally clean skin (only for the areas to be treated).
- If numbing cream is needed, we will advise you to come earlier.

**First session:** you will need to arrive earlier, without makeup for completion of the pictures and the final consent.

**General process:** we will install you in a room with numbing cream if necessary for 30 to 45 mins. Refrain from touching it with your hands and touching your eyes or mouth, it will numb your tongue. If contact with the eyes arise, please rinse your eyes with water and inform our staff. You will feel red as the blood flows because of the topical lidocaine and tetracaine. Rarely, the cream itself will peel a little area of your skin. Compared to other lasers, it is considered gentle and comfortable.

## Post Treatment

- Redness, mild swelling and the feeling of a sunburn is expected for 1-2 days
- If we have used the fractional laser option you may see pinpoint bleeding right after the treatment without scabs. You may also see, for up to 7 days, some blotchy red spots from fine vessels that have been disrupted.
- The first day, apply an ice pack or a cold, wet compress to treated areas if redness or irritation is bothersome.
- **It is expected and normal that your spots look darker for 2-4 weeks and start fading after.**

## What skin care should I use?

- Following treatment apply:
  - **Derma Collagen RD or neo cutis hyalis or neo cutis bio gel** multiple times throughout the first day.
  - After day 1, apply every morning and night, to speed up healing time.
- For most conditions except melasma, use sunscreen twice a day, even if you are inside.
- **Melasma:**
  - Apply sunscreen every 2 hours, even if you are inside.
  - Use hydroquinone 2% (**Alumier lightening lotion**) once a day for the duration of the treatments (maximum 4 months per year) (we offer this product in house).
  - Do not expose your skin to the sun without a strong SPF for the duration of the treatment.

**To achieve longer lasting results with skin care products**

A home care regime is essential. People with melasma and sun damage should be on a skin care regime to reduce the look and production of further hyperpigmentation.

**The Brightening collection from Alumier** is a luxurious set featuring carefully created essential home care products for dry/sensitive skin or normal/oily skin

**dry/normal skin**

**Alumier sensi calm** cleanser to hydrate and soothe the skin.

**Intellibright complex** to brighten the skin with powerful skin-lightening agents to reduce the appearance of hyperpigmentation.

**Retinol resurfacing serum 0.5%**

**Hydra calm moisturiser**

**Sheer Hydration broad spectrum sunscreen SPF 40.**

**normal/oily skin**

**purifying gel cleanser** to deep clean the pores and wash away sebum. **Intellibright complex** to brighten the skin with powerful skin-lightening agents to reduce the appearance of hyperpigmentation

**Retinol resurfacing serum 0.5%**

**Hydra calm moisturiser**

**Clear Shield broad spectrum sunscreen SPF 42.**