

## Non-Ablative Laser Treatment

### Post-Treatment Guidelines:

- Application of cool compress immediately following treatment can help alleviate post treatment itchiness and stinging. Topical creams and lotions, particularly if occlusive, can cause acne breakouts and should be avoided.
- Edema, and sometimes blanching, is expected immediately after and generally resolves within 24-48 hours. It may last up to 3-5 days.
- May experience significant redness, broken capillaries or bronzing in the treatment area for 1-3 days.
- Gentle cleansing and use of non-irritating cosmetics are permitted after treatment. It is suggested that retinoids are discontinued 2 weeks prior to treatment and throughout the course of treatment.
- Those prone to acne outbreaks should avoid heavy makeup or moisturizers for 24 hours.
- New skin will begin to form and is essential to avoid injury and sun exposure for 2 weeks following treatments. It is highly recommended to use SPF 50 or higher containing UVA/UVB protection between treatments.
- Continue using SPF 50 or higher up to 6 months whenever they are outside.
- Once the treatment area is healed, some itching or dryness may occur. This will gradually clear. The use of non-irritating moisturizers may provide some relief.
- Contact the treatment provider if any issues or concerns occur after the treatment.

### Possible Side Effects:

- A low risk of prolonged itching, redness, and blistering.
- A risk of hyperpigmentation, hypopigmentation, burns, erythema, edema, bruising, or blistering may occur, some of which may result in scarring.
- There is always the risk of infection.
- Acne outbreaks are a potential side effect.

### Additional Side Effects May Include:

- Exacerbation of acne lesions under occlusion. These can usually be treated with topical preparations or a short course of antibiotics.
- Contact irritation from topical medications such as topical antibiotics, sunscreens, fragrance containing compounds, and the preservatives used in topical corticosteroid products. Most cases of irritation resolve after the irritant has been discontinued.
- Hyperpigmentation is typically transient and resolves over time. It may also respond to treatment with topical retinoic, glycolic, and azelaic acid, light glycolic acid peels, hydroquinone, or light-based treatments.
- Hypopigmentation is less common than hyperpigmentation but may be permanent. Hypopigmentation may develop 12-48 months after the procedure.
- Infection: bacterial and yeast infections may occur 2-10 days after the procedure. If any signs of infection, show the treatment provider.
- Hypertrophic scarring: although rare, it may be treated if caught early. If any signs of hypertrophic scarring (keloid), show the treatment provider.

Call the treatment provider if any side effects occur.