



Advanced Melasma LaseMD Pre and Post Care Instructions

Pre-Treatment Instructions

- * Cancel appointment if pregnant or breastfeeding.
- * Use Alastin A-Luminate Brightening Serum twice a week for 4 weeks prior to LaseMD treatment.
- * Discontinue Alastin A-Luminate 3-5 days prior to LaseMD treatment.
- * Discontinue any topical products with active ingredients such as retinol, salicylic acid, glycolic acid, etc., one week prior to treatment.
- * **Sun exposure should be avoided at least 2 weeks prior** to treatment.
- * Self-tanners should be avoided 2 weeks prior to treatment.
- * Avoid injectables such as neurotoxins, and dermal fillers two weeks before and after treatment.
- * If you are prone to get cold sores/fever blisters, an antiviral medication may be prescribed to you. Start the prescription the day before treatment and continue for 4 more days.
- * 5-6 months prior to treatment, avoid: Hydroquinone, Accutane, facial surgery, and radiation treatment to the face

Post-Treatment Instructions

- * Patients may experience a burning sensation for 1-2 hours immediately after the treatment. A fan will help cool the skin and may provide relief.
- * Usually, any crust will separate naturally within 5-7 days after the treatment.
- * Swelling (mild to moderate) may occur after treatment and is normal.
- * **Exosomes** were applied to the skin at the end of your laser treatment. To ensure maximal benefit is achieved, it is important to leave these exosomes on your skin for 24 hours. Do not wash your face or apply any other topical product for the first 24 hours in order to let the exosomes fully soak in.
- * After the first 24 hours:
 - Gently wash and pat the skin gently dry. **Do not scrub the treated area.**
 - Keep the treatment area hydrated with **Alastin Regenerating Skin Nectar**. Apply as often as needed until healed (about 1 week), then twice daily after that. Alastin Skin Nectar should be the only product applied to the skin for the next 4 weeks until Cosmelan treatment.
 - After the first 24 hours, apply **sunblock** daily with SPF of at least 30.
- * **Sun exposure should be avoided for the duration of the Advanced Melasma Treatment.** Sun and heat can activate melasma so strict sun avoidance is required



- * during the 6 months of treatment. If you must be outdoors, reapply sunscreen every 2 hours and wear a wide-brim hat.
 - * Avoid exercising until initial healing has occurred. Increased redness may result from activity that increases blood flow or body temperature (alcohol consumption, exercise, sauna, etc).
 - * Gentle cleansers and Alastin Regenerating Skin Nectar should be the only products applied to the skin until the Cosmelan Peel application. Alastin Skin Nectar may be used up until the day before Cosmelan Peel application. After the Cosmelan peel, an entirely different skin care regimen will be implemented.
 - * Please contact us with any questions or concerns.
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- * **Contact the office immediately for any signs of infection. Signs of infection include:**
 - Drainage – looks like pus
 - Increased warmth at or around the treated area
 - Fever of 101.5 or greater
 - Extreme itching