



DERMATOLOGY AND DERMATOLOGIC SURGERY

Laser for Sun Spots, Age Spots, or Other Brown Spots

Our Candela GentleLase laser can treat brown spots on the skin. Your doctor will help decide which one is best for you. The laser is minimally uncomfortable and may feel like a rubber band snapping against the skin. After treatments, the dark spots appear gray and/or darker for a few days, and then become pink and fade or disappear entirely. You might also have some redness and mild swelling, but otherwise you may return to normal activities with no down time. You might require multiple treatments to achieve optimal results, which can be done every 4 to 6 weeks. The number of treatments needed and how patients reacts depend on a patient's skin type.

It is important to follow all directions to correctly prep your skin before your treatment and to take care of it afterwards. You must let your doctor know if you have a history of cold sores or have been on isotretinoin (Accutane), as well as all other oral medications and supplements you are taking.

Who should NOT have laser treatment:

- Women who are pregnant
- Patients sensitive to flashing lights including those with seizures or epilepsy
- Patients with pacemakers or internal defibrillators
- Patients with active infection (e.g. cold sores, impetigo)

Before your laser treatment:

- Tell your doctor about all oral medications you are taking, especially antibiotics.
- You must follow strict sun avoidance with a broad spectrum sunscreen of SPF 30+ daily.
- Stop any topical products that cause photosensitivity or irritation (e.g. hydroxy acids, salicylic acid, retinols, and benzoyl peroxide) in the treatment areas for three days before treatment.
- If there is excessive hair in the treatment area, we recommend shaving the area one day prior to treatment.

On the day of your laser treatment:

- Please arrive at the office with your face or other treatment area fully cleansed. No sunscreen, makeup, aftershave, or cologne should be applied.
- *If the proper pre-treatment instructions were not followed, you may have to reschedule your laser treatment.*

After your treatment:

- Mild redness and mild swelling will occur immediately after treatment and can last from a few hours to a few days depending on your skin's sensitivity. Do not rub, scratch, or pick at the treated area.
- Immediately after treatment the brown spots will appear gray and/or darker - this will take a few days to resolve but makeup can be applied immediately after treatment.
- It is normal for the area to feel like a mild sunburn for a few hours. Any discomfort can be relieved with acetaminophen (Tylenol). The application of ice packs, cold compresses, and aloe vera gel can also help reduce discomfort and swelling.
- Wash your skin with cool water and use a mild cleanser such as Cetaphil or CeraVe. Gently pat the skin dry afterwards. Avoid rubbing the area with a washcloth or towel as the area is extremely delicate while bruising or redness is present.
- Rarely, a scab or blister may form in the treated area. Avoid picking or scratching and apply Vaseline or Aquaphor as needed.
- Avoid excessive sun exposure 2 weeks before and 2 weeks after treatment. Re-apply your sunscreen of at least a 30 SPF every 2 hours if you will be having incidental sun exposure such as driving, walking, etc.
- If the area shows signs of infection, please call the clinic immediately.
- You can return for additional treatments every 4 to 6 weeks as needed.