



Lowe Plastic Surgery (LPS)

Harmony Post Laser/Light Treatment Care

Vascular/Pigmented Lesions

- Although not typical, you could experience some prolonged redness, crusting or flaking. You may use ice or a cool, wet cloth if needed after treatment to cool the skin. Ibuprofen or Tylenol may be used for discomfort.
- Keep the area moist with **Aquaphor Healing Ointment** or Aloe Vera gel to treated area until inflammation resolves and area is healed.
- Wash treated areas with a gentle cleanser. **NO** exfoliants for 48 hours! Wash with **cool** water – avoid hot water for 48 hours post treatment. **DO NOT** scrub your skin!!
- Moisturizer and make-up may be applied after washing, when inflammation has subsided in about 48 hour.
- Stringent use of recommended sunscreen on treated areas is **strongly advised** for all patients, 365 days per year.
- Stay out of the sun for at least 4 weeks! If planning to be in the sun, wear a broad-brimmed hat in addition to your sunscreen. ALWAYS use a sunscreen with an SPF of 40 or higher and reapply every 1-2 hours of exposure time. This includes running outside, gardening, hiking, fishing, bicycling, etc.
- Keep clothing from rubbing the treated area and avoid other irritation on the area.
- Do not use hairspray or other aerosol products around the treated area until healed.
- Avoid aerobic activities 24 hours following each treatment.
- Puffiness and swelling are common reactions to treatments and should subside quickly. If either should continue beyond 24-hours, we can prescribe an oral anti-inflammatory to speed up the healing process.
- Begin the recommended skin care program after the inflammation subsides following treatment and return to your regular skin care regimen.
- Notify us should you have prolonged redness, excessive puffiness, or signs of infection.

If you have any questions or concerns regarding your treatment,
Do not hesitate to call us at 942-4300