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MOHS Micrographic Surgery

Palomar Icon: 1540 FRACTIONAL NON-ABLATIVE LASER TREATMENT GUIDELINES

1540 Fractional Non-Ablative Laser Post Treatment Guidelines

- Application of cool gel packs and appropriate topical creams immediately following treatment can help alleviate post treatment itchiness and stinging that may occur
- Edema and sometimes blanching, is expected immediately post treatment and generally resolves within 24-48 hours. It may last up to 3-5 days in some patients
- Those being treated may experience significant redness, broken capillaries and bronzing in the treatment area for approximately 1-3 days after treatment. This may persist in a mild form for several weeks particularly in areas other than the face.
- Following a more aggressive treatment, it may be helpful to use some occlusive ointment on the skin after treatment during the healing process to help minimize trans-epidermal water loss which may result in significant desquamation or crusting.
- To help remove debris and bronzing of skin that can appear 1-4 days after treatment, soak treated areas for 5-15 minutes with gauze or wash cloth wet with water, then gently remove debris.
- **DO NOT PICK AT OR SCRUB THE TREATED AREAS.**
- Gentle cleansing and use of non-irritating cosmetics are permitted after treatment. It is suggested that retinoid be discontinued 1-2 weeks prior to initial treatment of throughout the course of treatment. The use of retinoids during the treatment course may result in undesirable side effects and prolonged healing.
- Those prone to acne outbreaks should avoid heavy makeup or moisturizers for 24 hours post treatment.
- After treating stretch marks, it is recommended to avoid tight fitting clothes around the treated areas for 3 months after the last treatment.
- As healing occurs, avoid sun exposure for at least two weeks following treatments. It is highly recommended that patients use a sunscreen with SPF 45 or higher containing UVA/UVB protection between treatments, along with sun blocker such as zinc oxide or titanium dioxide.
- Those being treated should continue to use SPF 45 or higher up to 6 months following final treatment whenever outside.
- Once treatment area has healed, some itching or dryness may occur. This will gradually clear. The use of non-irritating moisturizers may provide some relief.

1540 POSSIBLE SIDE EFFECTS

- Low risk of prolonged itching, redness and blistering
- Risk of hyperpigmentation, hypopigmentation, burns, bruising or blistering may occur, some of which may result in scarring.
- Transient erythema (redness) or edema (swelling) immediately after treatment
- Bronzing, which is brown debris on the surface of the skin, may develop a few days post treatment. This side effect is a desirable end point
- Risk of infection following treatment
- Acne breakouts
- Post inflammatory hyperpigmentation (PIH)
- Reduced social downtime

Please contact our office should you have any questions: 805-379-3376