

## **ENLIGHTEN PIGMENT SPOT TREATMENT**

Thanks to the revolutionary advancements in laser technology, Dream Spa Medical has the power to rid you of unwanted pigment in significantly fewer treatments, as compared to other lasers. Our Enlighten laser by Cutera offers dual wavelengths, which allow us to target deep lesions, as well as superficial pigmentation.

Working between general toning, and targeted therapy, we can help eliminated sun spots, post inflammatory pigmentation and stubborn discoloration in 1-3 treatment sessions. This is a quick and easy procedure that is suitable for all skin tones. However, darker skin types may require more treatments at lower settings to avoid complications. There are visible signs of a focused treatment, but no downtime is required. Results are revealed in 1-3 week. Subsequent treatments should be scheduled 6 weeks apart.

### **PRE-TREATMENT**

- Do not use self-tanners for *2 weeks* prior to your appointment.
- Avoid sun exposure & tanning beds *4 weeks* prior to your appointment.
- Avoid active ingredients such as acids, astringents, retinals or topical prescriptions *4 days* prior to your appointment.
- Please inform us of any medications: *antibiotics, anticoagulants & Accutane may affect the results of your treatment.*

### **POST-TREATMENT**

- Mild to moderate redness and swelling can be expected. This typically subsides in *3-5 days*.
- Cool compresses can be used to reduce skin temperature.
- Advil or Motrin can be taken for discomfort.
- Neosporin or Bacitracin can be used for skin sensitivity *24 hours* after your treatment.
- Avoid active ingredients such as acids, astringents, retinals or topical prescriptions for *5 days*.
- Avoid extreme heat such as exercise, hot tubs, saunas & spa treatments for *2 days*.
- Avoid waxing, bleaching or depilatory use on treatment area until the skin is healed.
- Avoid sun exposure & tanning beds for *4 weeks*.
- Use a minimum SPF 30 sunscreen when sun exposure is unavoidable.
- Use a gentle cleanse.
- If a blister develops, treat with basic wound care.

### **PLEASE NOTE**

Treated areas will become darker, and eventually develop a scab or crust. Crusting will resolve in 1-3 weeks. Post inflammatory hyperpigmentation is common (especially in darker skin types), but tends to dissipate over time. Bruising may also occur, and resolve itself with the healing process.