

# THE PEARL

DERMATOLOGY

## LaseMD

The LaseMD is a non-ablative, fractionated 1927 nm laser which helps target pigment. As the LaseMD is fractionated, only a fraction of the skin is affected, decreasing the downtime the patient experiences after treatment. The provider will use the different wavelengths of the LaseMD to target pigment changes in the skin such as pigment from sun damage, hyperpigmentation, and/or Melasma. A series of treatments are typically recommended for the most optimal results. LaseMD is safe on all skin tones.

### LaseMD for Melasma

As heat can exacerbate the symptoms of Melasma, the LaseMD will need to be done at a lower setting to decrease the risk of worsening pigmentation. Topical Tranexamic Acid may be applied to your skin after treatment to further enhance the brightening results of the LaseMD. Tranexamic Acid is a compound that has skin lightening effects, and studies have shown it to be effective in treating Melasma. You will be given the remainder of the ampule to use twice a day for the days following your procedure. This product will last 4-7 days.

Healing time varies from person to person. Be patient with your healing process. We are confident you will see improvement in your skin texture even after the first treatment. Wrinkles will also improve, but it will take more time. If you have a darker skin tone, your healthcare provider may recommend a test spot before your treatment date.

### Pre-treatment Instructions

1. Avoid the oral acne drug isotretinoin for 6 months prior to treatment.
2. Discontinue indoor and outdoor tanning at least four weeks prior to treatment, during the treatment course, and four to six weeks after treatment. Avoiding tanning will reduce the chance of skin color changes and manifestation of new pigmented lesions.
3. Avoid using retinols or abrasive skincare products (scrubs, acids, exfoliating products) for one week prior to the procedure.
4. If you have a history of oral Herpes Simplex (fever blisters/cold sores), please alert your healthcare provider, as the laser may trigger an outbreak. We may recommend that you take an oral antiviral agent such as Valtrex starting 1-2 days prior to your procedure to prevent an outbreak.

### Treatment Day

1. Prior to each treatment, come to the office 1 hour and 15 minutes prior to your scheduled appointment time, so that there is time for us to clean the treatment area, take photographs, and apply anesthetic ointment one hour prior to treatment.
2. We recommend that you wear comfortable clothes to your appointments, or you can change into a disposable gown. If you tend to get chilled from air conditioning, bring a sweater or light jacket to wear while you are waiting for the anesthetic to take effect. A good book, iPad or Kindle is also recommended.
3. To keep you comfortable during the procedure, we also offer our patients the use of PRONOX

(laughing gas) during their procedure for an additional fee. This is typically only needed with a higher energy treatment and not during our lower energy melasma treatments. Patients who opt to use PRONOX will be instructed to remain in our office for 15 minutes after the procedure to let the effects of the gas wear off prior to being released.

4. Do not wear contacts when coming in for the procedure. Please bring glasses with you.
5. After your treatment, sunscreen will be applied to the treated areas.

#### Post-Treatment Instructions

1. Your face may feel hot, red, and puffy post-procedure. Cool compresses or ice packs can be used in the first 24 hours for soothing the treated areas.
2. Avoid hot showers, and hot exercise/activities as these can cause discomfort to the treated area during the first 24 hrs.
3. Wash the treated areas with a gentle, non-drying cleanser. We recommend using EltaMD Foaming Cleanser.
4. We recommend moisturizing the treated areas well. We recommend the Neocutis Biocream or Avene Cicalfate.
5. Use sunscreen daily, preferably one with a physical blocker such as zinc oxide or titanium dioxide.
6. Zyrtec or Allegra can be taken during the day for swelling. Benadryl 25mg may be taken at bedtime for the first 2 nights to help with swelling. Sleep with your head elevated with several pillows to help decrease swelling.
7. Stay well hydrated during the healing phase and avoid dehydrating beverages, such as coffee and alcohol. Avoid excessive salt intake as this can cause your body to hold on to water and increase puffiness.

#### Possible Risks & Complications

**Redness** – It is normal to have reddening of the skin. Your face will look and feel like a severe sunburn. On occasion there are tiny abrasions of the skin that may crust over. These will normally heal without any problems. Redness may last 5 to 7 days.

**Swelling** – Swelling will vary among patients from mild to moderate to severe. The depth of your treatment and the type of skin you have will determine your reaction. Because we cannot predict the degree of swelling you will have, schedule your treatments to allow some “down time” in your professional and social calendar.

Swelling is the worst on the day following the treatment. Most of our patients find their swelling improves by the third day, however; it can persist for 7 days. As the swelling subsides, the skin then goes through a dry, rough, flaky stage. As the treated areas exfoliate, the skin may appear brownish or “bronzed.” Make-up may be applied to the skin for coverage. During this dry, exfoliation stage, wrinkles may appear worse, especially around the eyes. This will resolve once the skin heals. You can aid healing by moisturizing the skin well.

**Acne** – Some patients may experience a transient outbreak of acne, typically, within 7-10 days after treatment. Please contact your treating healthcare provider for treatment if this occurs.

#### Recommended Post-Procedure Products

1. EltaMD Foaming Facial Cleanser

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2. Avene Cicalfate
3. Neocutis Biocream Firm
4. Neocutis Perle
5. EltaMD Daily or EltaMD Clear
6. Colorescience Even Up Multi-Correction Serum
7. SkinCeuticals Phloretin

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