

MELASMA LASER FACIAL Pre & Post Care

If you have any electrical implanted devices, you can NOT receive this treatment.

Cannot receive this treatment if you have been treated with Accutane within the last 12 months. You will need to postpone treatment for 2 weeks after receiving facial treatments such as Botox, chemical peels, dermal fillers, or other laser procedures.

Pre-Treatment

- Hydrate!
- Avoid sun exposure, tanning beds, and self-tanners for at least 2 weeks prior to treatment.
- Stop using retinols, glycolic acids, or exfoliating products 5 to 7 days before your appointment.
- Avoid chemical peels or aggressive skincare treatments for 2 weeks before your laser facial.
- If you are prone to cold sores or have a history of herpes simplex virus, notify your provider. An oral antiviral may be prescribed 24 hours before treatment to prevent a flare-up.
- Arrive with clean, makeup-free skin and avoid applying lotions or perfumes on the day of treatment.

Treatment Day

- Hydrate! Drink plenty of water to support your skin and healing response.
- There should be no active cold sores, open lesions, or sunburn in the area being treated.
- Remove all jewelry or metal accessories prior to treatment.
- The area being treated must be clean and free of oils or cosmetics. Cleansing products are available upon arrival if needed.
- You may experience a warm, snapping sensation during the procedure as the laser targets pigment beneath the skin.

What to Expect

During the procedure, the laser handpiece will be moved across the skin to gently heat and disperse areas of pigmentation. Redness or mild sensitivity may occur immediately following treatment and typically subsides within a few hours. You may notice that dark spots appear slightly darker before they begin to fade, which is normal. Continue to avoid sun exposure, exercise, or heat for the first 24 hours after treatment. Makeup can be applied after 48 hours, once any redness has diminished.

Aftercare

- Redness and a mild warmth or "sunburn" feeling may last for several hours.
- Avoid hot showers, saunas, or direct heat for the first 24 hours.
- Keep your skin hydrated using a gentle, non-comedogenic moisturizer.
- Do not exfoliate or use retinoids, acids, or scrubs for at least 5 to 7 days post-treatment.
- Avoid picking or scratching any flaking skin or darkened pigment spots, as they heal naturally.
- Continue to use broad-spectrum SPF 30 or higher daily and reapply every 2 hours when exposed to sunlight.
- For best results, maintain hydration and follow your provider's recommended skincare routine between treatments.
- Consistent sun protection and proper aftercare will help prolong your results and reduce the risk of pigment recurrence.

Please contact Cheeky Medspa at (907) 252-3198 if you have any questions, concerns, or compliments regarding your treatment.