



Patient Education: Melasma Laser Facial

Melasma is a common skin condition that causes brown or gray-brown patches, usually on the face. It's often called the "mask of pregnancy" because it frequently occurs during or after pregnancy due to hormonal changes, but it can also be triggered by sun exposure and certain medications. Laser treatments for melasma utilize focused light energy to target and break down excess melanin, the pigment responsible for the dark patches associated with this condition. This process helps to fade the appearance of melasma and promote a more even skin tone, though it's important to note that results vary and maintenance treatments may be needed.

Before your appointment

You are not eligible for this treatment if you are pregnant, have epilepsy, have used Accutane in the past 12 months, had recent sun exposure or have compromised skin quality in the area receiving the treatment. Additionally, it must be at least 2 weeks since your last facial treatment such as Botox, chemical peels, dermal fillers, or other laser treatments. Please stop retinols 1 week prior to treatment.

Please notify our staff of any changes in your medical history or health status prior to your appointment.

The day of your appointment

Please make sure the area you want to be treated is clean and free of any skin products. Immediately following treatment, there will likely be redness and swelling. You may apply ice or cold packs for comfort. Avoid strenuous activities for the first 24 hours. Avoid sun and UV exposure to the treated area.

After your appointment

Most treatment sessions take less than 30 minutes and create minimal pain that some describe similar to a rubber band snapping against the skin. Expect some redness, swelling, and mild discomfort after the procedure, similar to a sunburn.



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Avoid direct sunlight or extreme cold weather.

Wear a broad-brimmed hat and sunglasses or remain indoors and avoid sunlight immediately after.

Apply sunscreen with no chemicals for at least 7 days after the procedure. Remember to reapply sunscreen every 2-3 hours in order to have a good protection against UV exposure.

DO NOT undergo or use exfoliants, scrubbing, microdermabrasion, chemical peels, facials, shaving, and waxing for 2 weeks after the procedure.