

- 1. Starting in the evening, cleanse the treated area with ZO Gentle Cleanser, morning and evening for 2 weeks.
- 2. After cleansing, Apply SkinMedica TNS Ceramide Treatment cream and Essential Defense Mineral Shield SPF 35 to treated area for 1-2 weeks.
- 3. Over the next 1-2 weeks, targeted pigmentation will slowly become darker, giving a "chocolate chippy" look to the treated area, then will fall off on its own.
- 4. DO NOT use exfoliating products, toners, or alcohol-based products on the treated area(s) for 1-2 weeks after treatment, or until pulled pigmentation falls off.
- 5. If areas become sensitive, you can apply aloe or hydrocortisone cream.
- Avoid long term sun exposure/tanning while treated areas are healing (about 10 days).

Call our office with any questions or concerns, 918.712.1767

