



Dr. Suzanne Leaf, MD
Cosmetic Medicine

SUN SPOT TREATMENT

Patient Information

Pre-Treatment Instructions

1. You may be asked to stop any topical medications or skin care products 3-5 days prior to treatment.
2. If you have a history of perioral herpes (cold sores), you may be recommended to use prophylactic antiviral therapy. Follow the directions for your particular antiviral medication. This will be addressed in the consultation.
3. **RECENTLY TANNED SKIN CANNOT BE TREATED!**
Avoid sun tanning 4-6 weeks before and after treatment to prevent skin discolouration. With the use of natural sunlight, tanning booth or self-tanners you may develop hypopigmentation (white spots) after treatment and this may not clear for several months.
You must wait 4 weeks after tanning, before laser treatment.
1. You may have the option to apply a topical anesthetic prior to the treatment to prevent discomfort. This should be removed just before the treatment.