Memorial Sloan Kettering Cancer Center

PATIENT & CAREGIVER EDUCATION

Skin Care Before and After Lutronic UltraPulse Laser Treatment

This information will help you care for your skin before and after your Lutronic Ultrapulse laser treatment.

Some people need many treatments to get the best results. Ask your healthcare provider how many treatments you'll need.

What to do before your laser treatment

Tell your care team if you have a history of shingles or herpes in your treatment area. This includes oral cold sores or genital sores. They may want you to start an antiviral medicine (such as valacyclovir or acyclovir).

An antiviral medicine treats infections caused by viruses. Most people start taking this medicine 2 days before treatment. They keep taking it after treatment for the number of days prescribed.

Tell your care team if your eyebrows are microbladed or if

you have a lip liner tattoo.

4 weeks (1 month) before your treatment

Avoid tanning or heavy sun exposure. Use a broad-spectrum mineral sunscreen that has titanium dioxide or zinc oxide. It should have an SPF of 30 or higher. Use it every day on the treatment area before your treatment. It's also OK to use a chemical sunscreen.

3 days before your treatment

Do not use any medicines that can cause sun sensitivity, such as doxycycline or minocycline.

The day of your treatment

Make sure to eat and drink as usual before your procedure. It will help prevent dehydration.

What to do after your laser treatment

After your treatment, your nurse will give you an ice pack to cover the treated area. Hold the ice pack on the treated area for a full 15 minutes once every hour. This will help lessen swelling and make you more comfortable.

Before you leave, your nurse will cover the treated area with petroleum jelly (Vaseline®) or an antibacterial cream, such as mupirocin (Bactroban®).

At home

After your treatment, it often takes about 5 to 7 days for skin to heal. Your skin will be very sensitive during this time. Follow the steps below to help your skin heal and prevent infection.

You can shower right away after your treatment or the morning after your treatment. Do not take a bath until the treated area has healed.

For the first 2 to 3 days after your treatment

- Hold an ice pack wrapped in a soft cloth over the treated area for a full 15 to 20 minutes. Do this every few hours, but no more than 5 times a day. After 2 or 3 days, use the ice pack only as needed.

For the first 3 to 4 days after your treatment

- Gently wash the treated area. Switch between washing with diluted white vinegar and liquid soap. For example, you can wash with diluted white vinegar in the morning, and soap at night. Always rinse the area with clean water after washing. To make the diluted white vinegar:
    - Mix 1 (8-ounce) cup of water and 1 tablespoon of white vinegar. Store covered in the refrigerator for up to 5 days.

- Do not use groundwater (well water) or tap water to clean your treated site directly. You'll need to buy distilled water to clean your site if you only have well water. You should buy enough to cover the treated area.
- Do not put any ointment on your skin, such as over-the-counter or natural products. These products may stop the healing process. Only use what your healthcare provider tells you to.

For the first 5 to 7 days after your treatment

- Do not use saunas, swimming pools, baths, or hot tubs (such as a Jacuzzi®).
- Do not shave, wax, or us depilatory cream (such as Nair) over the treated area.

General tips

- Do not wear makeup on the treated area until it's fully healed.
- Avoid exposing the treated area to the sun until it's fully healed. If you need to be in the sun, use a mineral sunscreen of at least SPF 30. You can also wear clothing or a hat that protects the treated area from the sun.
- If you have a history of facial herpes (cold sores), follow your healthcare provider's instructions. Tell your care team if you get any new blisters or sores before, during,

or after your treatment.

It often takes many weeks for people to notice the treated area is healing. During this time, the area may turn a red or blackish color, and a crust may form. Do not pick at or take off the crust. It will fall off on its own about 5 to 7 days after treatment.

Medicine to take after your laser treatment

If you have pain or discomfort, taking acetaminophen (Tylenol®) or an NSAID (such as Motrin® or Advil®) may help. NSAID stands for nonsteroidal anti-inflammatory drug. Ask your healthcare provider how much acetaminophen or NSAIDs you should take.

Do not take acetaminophen if you have liver problems. Do not take NSAIDs if you have kidney problems. If you're having pain but have a history of liver problems or kidney problems, call your healthcare provider's office.

When to call your care team

Call your care team if you have:

- A fever of 101° F (38.3° C) or higher
- Chills (shaking)
- Green or yellow drainage from the treated area
- More pain or discomfort

- More redness or swelling around the treated area
- Bleeding that does not stop after applying pressure
- Pain or discomfort that isn't helped by pain medicine

If you have questions or concerns, contact your healthcare provider. A member of your care team will answer Monday through Friday from 9 a.m. to 5 p.m. Outside those hours, you can leave a message or talk with another MSK provider. There is always a doctor or nurse on call. If you're not sure how to reach your healthcare provider, call 212-639-2000.

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For more resources, visit www.mskcc.org/pe to search our virtual library.

Skin Care Before and After Lutronic UltraPulse Laser Treatment - Last updated on July 31, 2025
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