

Age Spot Removal

(Treatment options to fade sun-related brown spots and restore even skin tone)

What Are Age Spots?

Age spots—also called **sun spots** or **lentiginos**—are flat brown, tan, or dark patches that develop after years of **sun exposure**. They most commonly appear on:

- Face and cheeks
- Hands
- Arms and shoulders
- Chest

Age spots are **benign (non-cancerous)**, but any changing or unusual spot should be evaluated to rule out skin cancer.



How Are Age Spots Treated?

There are several effective options. Your dermatologist will recommend the best approach based on **spot depth, color, location, and your skin type**.

Common treatment options

- **Laser therapy** – Targets pigment precisely; often fast and effective
- **IPL (Intense Pulsed Light)** – Treats multiple spots and overall discoloration
- **Prescription topical treatments** – Gradually lighten pigment over time

- **Cryotherapy** (selected spots) – Freezes individual lesions
- **Chemical peels** (selected patients) – Improve tone and texture

Often, the **best results come from combining treatments** with strict sun protection.

What to Expect During Treatment

Most age spot treatments are performed **in the office**.

During your visit:

1. Skin is cleansed and assessed
2. Protective eyewear is placed (for light/laser treatments)
3. Treatment energy or topical agent is applied
4. Cooling and soothing products are used afterward

Treatment time varies from **a few minutes to 30 minutes**, depending on the method and number of spots.

When Will I See Results?

- With laser or IPL, spots may **darken first**, then flake off over **7–14 days**
- With topical therapy, lightening is **gradual over weeks to months**
- Multiple sessions may be needed for optimal clearing

Results last longer with **consistent sun protection**.

Pre-Op Instructions (Before Age Spot Removal)

2–4 weeks before treatment

- **Avoid sun exposure and tanning** (including self-tanner)
- Use **broad-spectrum sunscreen** daily
- Avoid tanning beds

1–2 weeks before

- Stop **retinoids, exfoliating acids, and harsh scrubs** in the treatment area (unless instructed otherwise)
- Tell us if you:
 - Have a history of **melasma or PIH**
 - Are pregnant or breastfeeding
 - Have active skin infection or rash
 - Take medications that increase sun sensitivity

Day of treatment

- Arrive with **clean skin** (no makeup, lotions, or sunscreen on the area)
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Post-Op Instructions (After Age Spot Removal)

What's normal

- Mild redness or swelling
- Darkening or crusting of treated spots before fading
- Mild tenderness or warmth

Aftercare

- Clean gently and moisturize as directed
- **Do not pick or scrub** treated spots
- Avoid heat (hot showers, saunas, intense exercise) for **24–48 hours**
- **Strict sun protection** is essential

Makeup

- Usually allowed the next day unless instructed otherwise

Call the office if

- You develop blistering, increasing pain, or signs of infection
 - Pigment darkens significantly or spreads instead of fading
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Who Is a Good Candidate?

Age spot removal works best for:

- Sun-related brown spots (lentigines)
- Patients who can avoid sun exposure before and after treatment
- Those seeking clearer, more even skin tone

It may not be ideal for:

- Active melasma (requires a different approach)
 - Recently tanned or sunburned skin
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Age Spot Removal FAQ

Are age spots dangerous?

No, age spots are benign. However, any spot that changes, bleeds, or looks unusual should be evaluated.

Is age spot removal permanent?

Treated spots usually do not return, but **new spots can form** with continued sun exposure.

Does treatment hurt?

Discomfort is usually mild and brief, described as a warm snap or tingling.

How many treatments will I need?

Some spots clear with **one session**; others require **multiple treatments** depending on depth and number.

Can age spots be treated on hands and body?

Yes—hands, arms, chest, and shoulders respond well to treatment.

Can age spots come back darker?

Rarely, darkening (PIH) can occur, especially without sun protection. Following instructions minimizes this risk.

Is age spot removal covered by insurance?

Age spot removal is typically considered **cosmetic** and not covered by insurance.
