

# PICOSURE

## PRE & POST PROCEDURE



## PRE-TREATMENT

- Do NOT apply any Tretinoin, Retin-A, Tazorac, Adalepene, Retinol, Differin, and/or Glycolic acid for 5-7 days prior to treatment area.
- No sun exposure, tanning beds and sunless tanning cream for 4 weeks prior to treatment.
- Notify the office if you are pregnant or breastfeeding (lactating), have a light triggered seizure disorder, take medication known to increase sensitivity to sunlight, are hypersensitive to light in the near infrared wavelength region, take or have taken oral Isotretinoin within the last (6) months, have an active localized systemic infection/open wound in the area being treated, have herpes simplex in the area being treated, or have acquired nevi that predisposed to the development of malignant melanoma.

## POST-TREATMENT

- Following the procedure, you may experience redness or slight swelling in the treated area which may last 24 hours. You may also develop an acne-like breakout or slight darkening of pigment which should resolve 3-7 days.
- Cool the skin as needed with cold packs, aloe vera or cool air.
- Cleanse the treated area with soap and water daily and pat the dry. Avoid swimming, soaking or using hot tubs/whirlpools until the skin heals.
- Do NOT rub or scratch the treated area. If crusting/scabbing/blistering occurs, do NOT shave or pick area. Apply Aquaphor ointment (for tattoos) or other moisturizer (for face) to the area 2-3 times a day. Keep the area moist, and let crusting/scabbing/blistering resolve on its own.
- Avoid sun exposure between treatments. If sun exposure is unavoidable, apply a 30+ sunscreen with at least 5% zinc oxide every 2 hours.
- Avoid contact sports or any other activity that could cause injury of the treated area.
- For tattooed patients, apply a non-stick pad over the treated tattoo until healed.