

# PICOSURE

Unexpected complications may occur when products not proven safe for use with the Picosure laser are applied post-procedure. Change out your towel and bedding as needed to ensure treatment area is kept clean.

Do not wash the treatment area for at least 24 hours.

Strictly avoid sun exposure for the first 24 hours as you will not be wearing sunscreen. Continue to minimize sun exposure for 2 weeks following the procedure. Always apply SPF 50+ to the treated area if you will be outside, but try to avoid excessive sun exposure for 2 months. Reapply every two hours if outside. Wear protective clothing, hats, sunglasses.

Avoid heat, exercise and perspiration as the excess blood flow and sweat can cause discomfort and irritation to the compromised skin for at least 2 days.

Avoid makeup for 1 week. Avoid exfoliants and retinoids for at least 1 week.

No swimming or using hot tubs, or whirlpools until 2 weeks post treatment.

## CARE

**The night of-** Cleanse the treatment area daily with a gentle cleanser and pat dry. Apply moisturizer as directed. Do not rub or scratch.

**Tattoo removal** - Apply a thin layer of Aquaphor 2-3 times a day and apply a non-stick pad over the tattoo until it is healed.

**Skin treatment** - Apply moisturizer 2-3 times a day to keep the area moist. For hyperpigmentation, incorporate a pigment inhibitor in your skincare routine starting on day 3. (AnteAGE Brightener or Skinbetter Even Tone)

## COMMON SIDE EFFECTS

**Redness, swelling, discomfort,** - To help lessen the potential for swelling, consider sleeping with the treatment area elevated. Discomfort may be relieved by using cool gel packs or acetaminophen. Do not apply ice directly to the skin, cover it with a clean towel.

**Scabbing** - If crusting occurs, do not shave or pick at the area. Keep the area moisturized and allow the scab to fall off on its own.

**Blistering** - If blistering occurs, keep the area moist by applying Aquaphor or antibiotic ointment 3 times per day.

## CONTACT US

If you are experiencing anything that's not covered here, reach out via email, call or text.

## BOOK YOUR NEXT APPOINTMENT

We recommend booking your next session 4-6 weeks apart.