PICOSURE FOCUS LASER TREATMENT INSTRUCTIONS

PRE-TREATMENT INSTRUCTIONS:

- Please discontinue any products containing active ingredients 3-5 days prior to treatment, such as: Retinol (Retin-A, Tretinoin, Vitamin A), Glycolic Acid, Salicylic Acid, AHAs (Alpha- hydroxy acids), LHAs (Lipohydroxy acids) and Benzoyl Peroxide. Avoid hydroquinone for 3 days before your treatment.
- No sun exposure, tanning beds and sunless tanning cream for 4 weeks prior to treatment. Sun exposure decreases the effectiveness of the laser treatment and can increase the chance of posttreatment complications.
- Remove all makeup, creams or oils prior to treatment.

POST-TREATMENT INSTRUCTIONS:

- Cleanse the treated area at least daily with water and mild soap, and then pat the area dry. Do not rub or scratch the treated area.
- Use a broad-spectrum UVA/UVB sunscreen with an SPF of 30 or higher. Apply to the treated area every 2 hours when exposed to the sun and it is recommended to make this a part of your skin care routine.
- Discomfort may be relieved by cold gel packs and/or an over the counter pain reliever, such as acetaminophen.
- Your provider may recommend restarting retinol products on day 3 or 4 once any initial irritation has resolved. Retinols help promote skin cell turnover and renewal.
- Avoid contact sports or any other activity that could cause injury of the treated area.
- Avoid swimming, soaking or using hot tubs/whirlpools until the skin heals.
- Exercise may be able to be resumed at 48 hours if there's no significant swelling. We recommend against high intensity or hot activities for at least 72 hours.
- Contact the office if there are any questions or concerns 856-988-8483