



PICOLAZER PRE AND POST INSTRUCTIONS

For Resurfacing, Diffuse Hyperpigmentation, Melasma, Benign Pigmented Lesions

PRE-TREATMENT INSTRUCTIONS

- Avoid the sun for 2 weeks before and after treatment and until your physician allows it.
- Your provider may ask you to stop any topical medications or skin care products 3-5 days prior to treatment.
- Inform us if you are on blood thinner, autoimmune disorder
- Remove body piercings in treatment area
- You may not undergo treatment if you have a known suspicious or cancerous lesion in area being treated
- You may not undergo treatment if you are pregnant or breastfeeding
- If you have had a history of perioral herpes simplex virus, your provider may recommend prophylactic antiviral therapy when treating that area. Follow the directions for your medication.
- If you are tanned or have a darker skin type, a bleaching regimen may be started 4-6 weeks before treatment.
- **RECENTLY TANNED SKIN CANNOT BE TREATED!** If treated within 2 weeks of active (natural sunlight or tanning booth) tanning, you may develop hypopigmentation (white spots) and this may not clear for 2-3 months or more.
- The use of self-tanning skin care products must be discontinued one week before treatment. Any residual self-tanner must be removed prior to treatment.

POST TREATMENT CARE

- Immediately after treatment, there should be erythema (redness) and edema (swelling) at the treatment site, which should subside up to 48 hours after the treatment. The treated area may feel like a sunburn for a few hours after treatment.
- Your provider may use an optional cooling method immediately following treatment to ensure your comfort. You may also ice as needed.
- A topical soothing skin care product such as aloe vera gel may be applied following treatment if desired.
- Use oil free paraben free Moisturizer
- Avoid sun exposure for 2-weeks to reduce the chance of hyperpigmentation or burns
- Always use sunblock (SPF 50) throughout the course of treatment.
- The treated pigment may appear darker immediately and within the first few days following treatment. The darkened pigment will flake off like dry skin within 7-10 days. Avoid picking or scratching the treated skin.
- There are no restrictions on bathing except to treat the skin gently, as if you had a sunburn, for the first 24 hours.