



Pre and Post-Treatment Instructions for Picosure FOCUS Laser

Prior to Treatment

- If you have any important events or functions within the next **10-14 days**, then we recommend that you wait until after the event to have this procedure because some patients develop small, white pustules the day after treatment. These pustules resemble very small pimples. If you are one of the patients who develop these pustules, it generally takes about 3-10 days for them to completely subside
- Refrain from sun exposure, tanning beds, or sunless tanning cream **4 weeks prior to treatment**. Sun exposure decreases the effectiveness of the laser treatment and can increase the chance of post-treatment complications
- Use a mineral-based zinc SPF daily, this should become a regular part of your skincare routine
- Area to be treated must be clean, and free of any lotion, makeup, and sunscreen. If you have any of these on, they must be completely washed off prior to treatment
- Be sure to inform your healthcare provider if you have any cosmetic tattoos or permanent makeup applied near the treatment area
- If there is dark hair or prevalent vellous hair (peach fuzz) in the treatment area, it is recommended to shave the hair 12-24 hours prior to your appointment.
- Accutane and any other photosensitizing medication should be discontinued for a period of at least 6 months prior to receiving treatment and should not be used during your course of treatment
- Anticoagulants may cause excessive bleeding and interfere with post-treatment healing- Please inform staff if you are taking any such medication
- Discontinue Vit E, omega 3, and fish oil; make sure to let the office know if you are taking any other supplements or vitamins
- Medications that alter wound healing response may interfere with post-treatment healing and may require special precautions
- Avoid any Chemical Peels in the treatment area for **1-2 weeks** prior to the laser.
- Avoid harsh exfoliating products such as Retin-A for **3-7 days** before and after treatment.
- Waxing and/or use of chemical depilatories must be avoided for **1-2 weeks prior** to and after the treatment
- History of skin cancer or suspicious lesion may preclude a patient from receiving treatment, please discuss with your provider

Day of the Procedure

- Please remove any contact lenses and pull your hair back and away from your face.
- Wear loose-fitting comfortable clothing
- Bring a large hat to protect your skin when you exit the office
- Protective eyewear will be worn by the patient and all personnel in the treatment room during the procedure

Post-Treatment Instructions

- Immediately after treatment, a sunburn-like effect is normal and can last for several hours to several days
- Tylenol may be taken as necessary for discomfort. Ice packs may be used if desired to minimize swelling. Please sleep with the head elevated until the swelling subsides
- Avoid contact sports or any other activity that could cause injury to the treatment area
- Avoid swimming, soaking, or using hot tubs/saunas until the skin heals
- Treat the skin gently after treatment and allow any crusting or pigment to slough off naturally. Keep the area moist and DO NOT rub, pick, or scratch the skin
- Sun exposure and the use of tanning beds must be avoided for at least **2 weeks** after your treatment, preferably **4 weeks**. We recommend physical avoidance of the sun in all treated areas. Please make sure that your sunscreen is a physical block with **Zinc or Titanium Dioxide**
- For best results and efficacy, we recommend a series of 3-8 treatments administered at 4-week intervals depending on your individual skin type

Product Application

- Immediately after the treatment **Epidermal Repair** is applied to the skin, this soothing post-procedure product can be applied topically as often as needed to alleviate discomfort; the epidermal repair is available from the office
- **After Care Products and Regimen:** Gently wash the treated area twice daily with tepid water (lukewarm, not hot) and **Gentle Cleanser** and pat the area dry.
- Apply **Physical Fusion SPF** sunscreen during the day and use **Epidermal Repair** until any irritation subsides
- Use of a Skinceuticals Antioxidant (**CE and Phloretin**) can be started 1-day post-treatment and continued as part of your normal skincare routine
- Makeup can be applied immediately after the treatment if desired
- All other skincare products can be restarted 3-10 days post-procedure, depending on healing time
- If you are oily or prone to breakouts, consider waiting for 24hrs before applying any topical products

Please call the office if you experience any of the following:

If it is after hours and we cannot be reached, please contact urgent care services, or in the event of an emergency call 911

- If you are uncertain and have questions
- Pain that is not relieved by Tylenol
- Indication of infection (redness, tenderness, pus)

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