



PicoSure Laser Post Care Instructions

Prior to Treatment:

- Please be diligent regarding sun exposure before your treatment. **You must avoid sunless tanner, tanning beds and overall sun exposure at least 2 weeks prior to treatment.** UV exposure changes how our skin cells react to energy and light. Sunless tanner also can cause adverse events if the skin is not clean and completely free of product.

Post Treatment Care:

- Immediately post treatment, your skin may be red and have some lingering heat. It is important to let the heat dissipate naturally from your skin, and to not occlude the skin with any creams or products.
- Do not cleanse your face the first night post-treatment or apply any skin care.
- The morning after, you may cleanse your face and continue to wear makeup. Skincare can be applied, though it may be best to avoid strong retinoids / retinols for up to one week post treatment depending on your skin sensitivity.
- We recommend a physical barrier sunscreen of at least an SPF 30+ for photoprotection - this will also help maintain your results. SPF should be reapplied every 2 hours, especially when directly exposed to the sun.
- **You may experience acne-like breakouts after your Pico treatment.** This is a common side effect. PicoSure is used for facial rejuvenation and has a pore tightening effect. As a result, any debris may be pushed from the pores, which in turn can result in a breakout. **To mitigate any breakouts or skin purging, we recommend a Hydrafacial 2-3 days before your Pico.** If you do experience an acne breakout, please continue gentle skin care until it resolves. Do not pick or manipulate the skin.

Tattoo Removal:

- After treatment, you will leave with aquaphor and a dry dressing on your skin. Leave this dressing on for 24 hours if possible.
- Blistering can occur. It is important to keep the area moist by applying Aquaphor or antibiotic ointment 3 times per day as recommended by your provider. Do not enter swimming pools or hot tubs until treated areas are healed.
- Cleanse the treatment area gently with soap and water daily. The tattoo should be covered with a non-stick pad and kept moist with Aquaphor until healed.
- Contact our office at **609-921-7747** if there is any indication of infection (redness, tenderness, or drainage).