

Aesthetics & IV Nutritional Therapy
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PicoSure

Pre-Treatment Instructions

- 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.
- 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.
- Remove all makeup, creams or oils prior to treatment.
- Be sure to inform your care provider if you have ever had cosmetic tattoos or cosmetic pigmentation or permanent makeup applied near the area of 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.
 - If crusting/scabbing occurs, do not shave or pick area. Apply Aquaphor ointment (tattoo) or other moisturizer (face) to the area 2-3 times a day. Keep the area moist, and let the crusting/scabbing resolve on its own.
 - If you are prone to break outs or have oily skin, consider waiting 24 hours before applying any topical products
 - Discomfort may be relieved by cold gel packs and/or an over the counter pain reliever, such as acetaminophen.
 - 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.
 - Contact physician if there is any indication of infection (redness, tenderness or pus).
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Pretreatment/Posttreatment Instructions (cont.) Tattoo:
- After cleansing and while skin is still moist, apply a thin layer of Aquaphor® ointment to the treated tattoo.
 - Apply a non-stick pad over the tattoo until it is healed.
 - Avoid sun exposure to 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.