

PicoSure Skin Renewal Pre-Treatment Instructions

- **No unprotected sun exposure** and no self tanners in the treatment area **4 weeks prior** to treatment.
Use a 50 SPF sunscreen daily and limit direct sun exposure by using hats or physical blocks such as umbrella or tent shade.
- Discontinue any Retinol, Retin A, Acne medications or exfoliants containing AHA or BHA 2 weeks prior to treatment.
- Wait 2 weeks after receiving Botox or Fillers. *You may have receive botox or fillers treatments anytime after a treatment.
- Use of topical Pigment Inhibitor is recommended 2-4 weeks prior and through the course of treatments. Please ask your technician for recommendations.
- If currently taking anti-coagulating medications, blood thinning medications/supplements, antiplatelets, thrombolytics, anti-inflammatories or fish oil, candidates should discontinue use 2 weeks prior to treatment as determined by prescribing physician.
Not that discontinuing use of prescribed anti-coagulants should only be done with the approval of the prescribing physician.
- If Prone to herpes cold sore breakouts, the treatment may stimulate a breakout in those that are prone to them. The use of a prescribed anti-viral suppressive such as Acyclovir or Valtrex will limit to the chance of breakouts. Please contact your primary care physician for any prescriptions needed prior to treatment.

- Though the treatment has minimal downtime, some may experience prolonged redness and swelling. Please plan social events or work accordingly until you know how your skin will respond to treatments