

Pre/Post Treatment for Pico Laser

Pre-treatment

- **Avoid Sun Exposure:** Sun exposure can increase the risk of side effects, such as hyperpigmentation or hypopigmentation.
- **Avoid peels for four weeks before treatment:** chemical peels, laser resurfacing, dermabrasion.
- **Avoid Certain Medications:** Some medications, such as aspirin or blood thinners, can increase the risk of bleeding or bruising.
- **Stay Hydrated:** Drink plenty of water before and after treatment to help flush out the broken-down pigments or ink particles.
- **Follow Your Doctor's Instructions:** Follow your doctor's instructions for pre-treatment and post-treatment care. This may include avoiding certain activities or using certain skincare products.
- **Be Patient:** Pigments and tattoo removal with picosure laser is a gradual process that may require multiple sessions. Be patient and follow your doctor's recommended treatment plan for the best results.

Post-treatment

- **Do not rub or scratch the treated area.** Discomfort may be relieved by cold gel packs and/or an over the counter pain reliever, such as acetaminophen
- **If crusting/scabbing occurs, do not shave or pick the area.** Apply moisturizer to the treatment area 2-3 times a day. Keep the area moist, and let the crusting/scabbing resolve on its own. Until you are fully healed, avoid heat, tight clothing.
- **Cleanse the treated area** at least daily with water and mild soap, and then pat the area dry
- **Avoid Direct Water/stream on direct area.**
- **Cover area**
- **You may experience swelling or bruising, pinprick bleeding, feeling of sunburn, blisters, scabs and crusts, pigmentation changes due to loss of skin pigment can occur (temporarily), dry itchy skin, temporary hair loss, infection**
Use cold compress NOT ice and recommended skin care products may be useful to reduce swelling or discomfort
- **You may take over the counter pain or anti-inflammatory medication**
- **Your skin will be fragile 2 to 6 days. Use gentle cleansers, but do not rub the skin vigorously and avoid sun exposure, and vigorous or sexual activity.**