

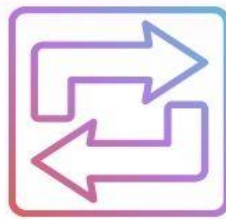
PICO LASER



Redness and swelling
24 to 48 hours



Intense redness including
petechia may be present
3-5 days



Multiple treatments at
2-to-4-week intervals are
often necessary



SPF 50 mineral sunscreen
must be used to protect
the face, especially when
treating melasma



results are first
visible about 2 or 3
weeks after the first
appointment.

THE LOOK:

Redness is normal and expected. Pinpoint bleeding may occur. This can last for a few hours – 12 hours depending on the treatment depth and may be isolated to certain treated areas. Immediately after treatment Swelling is common and expected. Use of a cold compress or ice packs will help to relieve the swelling. To avoid further swelling, you may choose to sleep in an upright position the first night after the treatment. The first morning post treatment is when swelling is more prevalent, especially under the eyes. Swelling may last 2-4 days depending on the aggressiveness of the treatment. Avoid salt while swelling is present. Avoid spicy and acidic foods for the first 48 hours. The treated area may be extremely warm for 12-24 hours after the treatment. Cold compresses or ice packs may provide comfort during this time.

The healing process after a Pico laser treatment typically follows these stages:

1. Immediately after treatment (Day 1–3):

- Redness, mild swelling, or a slight sunburn-like sensation is common. The treated area may appear darker or slightly inflamed. Some may experience pinpoint bleeding or crusting, depending on the treatment's intensity.

2. Darkening and crusting (Day 3–7):

- Pigmented areas may temporarily darken, and the skin might start to develop small scabs or crusts as the pigmentation breaks down. This is a normal part of the healing process.

3. Exfoliation and fading (Week 1–2):

- The darkened pigment begins to shed, and any scabs or crusts will flake off. The skin may feel dry or slightly rough during this time as it regenerates.

4. Initial results (Week 3–4):

- As the treated pigmentation fades, the skin starts to look clearer. Redness or swelling typically subsides, and the skin texture improves. The healing process continues beneath the surface.

5. Full results (Week 4 and beyond):

- Significant improvements in pigmentation, clarity, and texture become more visible. Full results may take several weeks to months, depending on skin type, the issue being treated, and the number of sessions.

Throughout the healing process, proper aftercare is essential, including moisturizing, avoiding sun exposure, and using sunscreen to protect the skin and optimize results

After a Pico laser treatment, it is possible for pigmentation to temporarily darken before lightening as part of the healing process. This darkening, known as post-inflammatory hyperpigmentation (PIH), is more common in individuals with darker skin tones. PIH typically begins to fade within 4 to 6 weeks, but in some cases, it can take several months to fully resolve. While the Pico laser is designed to minimize the risk of PIH compared to other lasers, it can still occur. Proper aftercare, including sun protection and following your dermatologist's recommendations, can help manage and reduce the appearance of PIH.

- Please note: Melasma is one of the toughest skin conditions to treat and it may take several treatments to see results. Maintenance may also be needed to control this skin condition.

You can anticipate the effects of your first round of treatment to last for a long time. Most patients should expect to see the benefits of Pico laser treatments for **at least six months** before they start to disappear

The results for this treatment will appear gradually as your skin's natural regenerative abilities. For most patients, results are first visible **about 2 or 3 weeks after the first appointment**. Your results will continue to improve until your last treatment, or until optimal results have been achieved.

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AFTERCARE INSTRUCTIONS



THE AFTERCARE:

1. **Avoid Sun Exposure:** It's crucial to avoid direct sun exposure for a few weeks after the treatment. The skin will be more sensitive, and sun exposure can lead to pigmentation issues. If you have to go outside, wear broad-spectrum sunscreen with a high SPF and a wide-brimmed hat.
2. **Stay Hydrated:** Drink plenty of water to keep your skin hydrated. This will help in the healing process and also facilitate the production of collagen.
3. **Use Gentle Skincare Products:** For a few days following the procedure, use gentle, fragrance-free cleansers and moisturizers. Avoid any skincare products with harsh chemicals or exfoliants. **KEEP SKIN MOISTURIZED**
4. **Avoid Extreme Temperatures:** Refrain from using hot water on your face, and avoid activities that cause excessive sweating or heat, such as vigorous exercise, saunas, and steam rooms, for about 48 hours post-treatment.
5. **Minimize Makeup:** If possible, avoid using makeup for the first 24-48 hours after the treatment. When you do start using makeup again, opt for mineral-based products that are less likely to irritate the skin.
6. **Do Not Pick or Scratch:** There may be some peeling or flakiness as the skin heals. It's essential not to pick or scratch the treated area, as this can cause scarring.
7. **Follow Medical Advice:** If your practitioner has given you specific instructions or prescribed medication, make sure to follow these directions carefully.
8. **Cold Compress:** If you experience any swelling or discomfort, you can use a cold compress to alleviate these symptoms. However, make sure not to apply ice directly to the skin; wrap it in a cloth or use a cold pack.
9. **Sleep with Head Elevated:** Sleeping with your head slightly elevated can help reduce any swelling that might occur after the treatment.

10. **Schedule Follow-Up Appointments:** It's important to have any scheduled follow-up appointments with your practitioner to monitor the progress and discuss any concerns or questions you might have.

Potential and common side effects that may occur with Picosecond treatments:

- **DISCOMFORT** may be minimal to moderate. Some areas are more sensitive than others.
- **INFLAMMATION** which may include irritation, itching, pain, bruising, flaking, ingrown hairs, typically subside/fade in 5-7 days
- **ERYTHEMA** (redness) and mild to moderate “sunburn” like effects may last for a few hours to 2-5 days
- **EDEMA** (swelling) of the skin around the treatment site may last 2-5 days, but can be reduced with regular application of a cold gel pack
- **PUSTULES** or **PIMPLES** may develop in the first few days following treatment and gradually subside
- **TEXTURE CHANGES** - Transient texture changes often occur, but usually resolve with time
- **BLISTERING, SCABBING** or **CRUSTING** may occur and usually take 4-10 days to heal.
- **PETECHIAE** may be present after treatment and may last 3 - 5 days.
- **FRECKLES/PIGMENT** – Existing freckles/pigment in the treated area may temporarily or permanently disappear
- **COINCIDENTAL HAIR REMOVAL** – There is a possibility of coincidental hair removal when treating pigmented or vascular lesions in hair-bearing areas