

PicoSure Pro Pretreatment Instructions

We are excited about your upcoming appointment and are committed to ensuring you have a comfortable and successful experience with us! To help prepare for your visit, we've outlined some important pre-treatment instructions.

PicoSure Pro Pretreatment Instructions

- Please remove all makeup, creams or oils prior to treatment.
- 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.
- Avoid agents that will make your skin sensitive to light, such as **Tretinoin and Retinol for 7 days prior to the 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

What to Expect After the Treatment

- PicoSure Pro is a treatment with no medical downtime, but you may experience some "social" downtime. Most patients notice sunburn-like redness (erythema) for 1-3 days following the treatment, though it may last longer with more aggressive sessions. Mild to moderate swelling and a sunburn-like sensation are also common and typically subside within 1-3 days. About 10% of patients may develop small blisters resembling acne, which usually heal within one to two weeks.
- You will be advised to treat your skin as if it has open wounds, avoiding irritants and ensuring you wash your hands before touching your face. We'll provide detailed post-treatment instructions closer to or after your appointment.
- Most patients notice that their skin pigmentation temporality gets darker or "patchy" before improvement. This is normal and usually resolves after 8 to 10 weeks or with subsequent treatments.

Looking forward to seeing you soon!

Mahalo,

Aloha Aesthetics MD