

PicoSure Pro Post-Treatment Care Instructions

Thank you for trusting us with your recent treatment. To ensure the best possible results and a smooth recovery, please follow these essential post-treatment care instructions:

- **Gentle Cleansing:** Clean the treated area at least once daily using cool water and a mild, non-irritating soap. Gently pat the area dry without rubbing or scratching.
- **Sun Protection:** Avoid sun exposure for at least 2 weeks to prevent slower healing and hyperpigmentation. Use a mineral sunscreen designed for post-procedural skin.
- **Avoid Disturbance:** If crusting, scabbing, or flaking occurs, do not pick or scratch the area. Apply a gentle moisturizer 2-3 times daily to keep the skin hydrated and support healing.
- **Skin Care Postponement:** If you have oily or acne-prone skin, wait 24 hours before applying topical products.
- **Managing Discomfort:** To ease discomfort, use Post-PicoSure Face Masks, Calm & Renew Recovery Serum, or cold gel packs. You may also take acetaminophen for pain or an antihistamine (e.g., Zyrtec) for itchiness. Avoid placing ice packs directly on the skin. Please avoid using ice packs directly on the skin.
- **Activity Limitations:** Refrain from tanning, contact sports or activities that might injure the treated area for the next 7 days. Also, avoid swimming, soaking, or hot tubs/whirlpools until the skin has fully healed.
- **Product Usage Caution:** Avoid using skin-sensitizing products like Tretinoin, Retinol, or AHAs for at least 7 days, unless directed by your provider. These ingredients may be used between treatments if recommended and may be beneficial for your skin.
- **Observing Treatment Effects:** Mild redness, swelling, or "frosting" of the treated area is normal. Pinpoint bleeding or blisters may occur—do not pick or pop them.
- **Temporary Darkening:** It is common for the pigmentation to get darker or "patchy" before improvement. This is normal and may take 8 to 10 weeks to resolve.
- **Infection Watch:** Contact your provider immediately if you notice signs of infection, such as increased redness, tenderness, or pus.

We hope your recent visit to Aloha Aesthetics has brought positive change to your life. If we've been able to make a difference for you, we want you to know that *you have the power to help us make a difference for even more people.*

Your honest feedback not only helps us improve, but it also allows us to reach others who could benefit from the care we provide. By sharing your experience, you're helping us enhance the lives of more patients.

- **Leave a Google Review:** [[Google Review Link](#)]
- **Check in on Yelp:** [[Yelp Check-in Link](#)]

Thank you for trusting us, and for being part of our mission to improve lives through exceptional care.

Should you have any questions or concerns, please don't hesitate to contact us.

Warm regards,

Aloha Aesthetics MD

Sincere Service. Remarkable Results.