

PicoWay Procedural Instructions

PRE-TREATMENT INSTRUCTIONS

- RECENTLY TANNED SKIN, natural sunlight and/or in a tanning booth, CANNOT BE TREATED! A minimum of 4 weeks without sun exposure is required. In case of exposure, you might wear sun protection (SPF50 minimum / zinc oxide) and reapply every 2 hours. Your technician reserves the right to refuse to perform the treatment if in doubt. The risks of burning, hyper-pigmentation and/or hypo-pigmentation are too high.
- Stop using any type of topical and/or mechanical exfoliant 7 days before and 7 days after the treatment (retinoid, AHA-BHA, salicylic, glycolic,...microbeads). Your technician may also ask you to discontinue any topical medication and/or other skin care products if necessary.
- The use of any self-tanning products should be discontinued two weeks prior to treatment.
- Avoid taking anticoagulants (aspirin, ibuprofen, naproxen) one week before the procedure if your health permits.
- Avoid alcohol 48 hours before treatment to reduce the risk of bleeding and/or bruising and 48 hours after to prevent swelling.
- Avoid all makeup, moisturisers and perfume on your skin on the day of the treatment.

WHAT TO EXPECT DURING THE PROCEDURE

- Safety considerations are important to us during the laser procedure. Protective glasses will be given to you and your technician.
- The level of pain and discomfort varies with a person's tolerance, and both may be experienced during treatment.
- Throughout the procedure, edema (slight swelling around the hair follicle), erythema (redness) and Purpura (bruising) will start to appear. These reactions are expected during a treatment.

POST TREATMENT CARE

- Right after the treatment, the entire treated area shows erythema (redness) and edema (swelling) appears following the treatment. These effects usually subside within hours/days of the procedure.
- Epidermal crusting(white/grey discoloration)will appear, benign pigmented lesions may crust or scab as part of the healing process. It is important not to pick or disturb the crusts as they heal.Apply Aquaphor/Vaseline on the treated area 7 days following the treatment.
- It is recommended to take an analgesic (e.g. benadryl) to reduce the swelling when treating a larger area: full legs.Cold compresses can be applied 2 hours following the procedure if the treated area is particularly hot (burning sensation, sunburn).
- In some cases, you may experience some scabbing. Avoid touching and/or scratching to prevent the risk of infection and/or an unwanted scarring.
- Discomfort following the procedure is usually mild, however, oral analgesics (e.g., extra-strength Tylenol) can be taken.
- Avoid hot showers, aromatic baths, swimming pools, spas and saunas for at least 7 days after the procedure.
- Avoid activities and/or exercises that cause excessive sweating for 48 hours after treatment.

FACE MD

- You **must avoid** all exposure to **UVA and UVB radiation** (natural sunlight and/or tanning booth) for **14 days after the procedure**. The treated area remains susceptible to sunburn and pigment changes. Please wear a minimum of SPF 50 sun protection everyday and reapply every 2 hours if you are exposed (outdoor activities).
- If skin lesions and/or blisters appear, keep the treated area moist by applying Aquaphor 3 times a day and contact the office immediately.

Post-treatment skin care to start the same day

Step	Procedure	Example of products
1	morning/evening - Clean with mild cleanser	<i>will be recommended to you in person after a personalized skin assessment by your laser technician</i>
2	morning/evening - Apply an ointment for at least 7 days	
3	morning/evening- Apply a brightening (HQ)cream if suggested by the Technician 2 weeks following your treatment	
4	morning - Apply Sunscreen with Zinc	