**PicoWay laser can significantly improve your overall skin appearance and texture, the following 6-8 weeks will slowly reveal desired results to the treatment area. Please be patient with this!**

**Patient Instructions for Picoway Laser Treatment Prior to treatment:**

1. Avoid sun exposure for 2 weeks before and after treatment. A sunscreen of SPF 50 or greater should be used when exposed to the sun for several months before and after your treatment, or if you plan to continue treatment.
2. Darker melanin or pigment from the sun may produce side effects or make the treatment less effective.
3. NO Tanning methods to be used 3 weeks prior, this includes nasospray tanning, tanning injections, sun beds or topical tan. Please scrub tan leading up 2 weeks to appointment.
4. Aspirin, ibuprofen, naproxen, blood thinners should be discontinued 7 days prior to treatment and two weeks after treatment (please check with your primary care physician if prescribed for medical reasons).
5. The following herbal supplements should be discontinued 7 days prior to treatment: Saint john’s-wort, gingko, ginseng, garlic, fish oil, vitamin E, and iron.
6. Discontinue retinol or retin-A (tretinoin) 7 days prior to treatment.
7. If you have a history of perioral herpes simplex virus infection (cold sores), antiviral medication will be prescribed prior to treatment (please inform us if you require a prescription). Please be well hydrated (drink 3 l of water) on the day prior to treatment.
8. No Pdo threads 3 months prior
9. No Botox 2 weeks prior to treatment
10. No Filler 3 weeks prior to treatment
11. Pigment inhibitor cream for melanin rich for brightening and C serum should be used daily for 2 weeks prior to treatment for optimal results! We have both in our salon)

**Post-treatment:**

After the Quick procedure, you can return to normal activities. PicoWay Resolve is a “no downtime” procedure with just **8 to 36 hours** to mild erythema (redness). There is little discomfort following the procedure, and makeup can be applied the next day.

1.50+ SPF UVA / UVB must be worn post treatment! Every day, even you wake up!

3. Led treatments are recommended post treatment to radiant your skin.

4. After one week, continue usage of C serums and retinol

5. No Steam, sauna or vigorous exercise for the first 24 hrs

**Following the treatment of pigmented lesions & not pigmented areas**

1. Prevent trauma to the treated area for the first 7 days following treatment.
2. Avoid physical exercise (aerobics, lawn mowing, sport activities) for 1- 2 days to reduce the risk of infection. The patient should not participate in any rough physical activities (playing football or ice hockey, etc.) for 10 days after treatment.
3. Avoid excessive perspiration to the area as it may cause tissue disruption.
4. Apply Vaseline or a barrier repair moisturizer to treated and crusted areas twice daily until complete healing occurs.
5. Use daily a broad-spectrum (UVA/UVB) sunscreen SPF 30 or greater for 4-6 weeks before starting the next treatment and throughout the treatment duration.
6. Once skin irritation or crusting resolves, you may resume your routine skin care regimen.
7. Do not pick or scratch if tingling on pigmentation

**The following conditions may influence the ability to undergo treatment:**

1. History of keloids
2. Pregnancy
3. Autoimmune disease
4. Cold sensitivity or Raynaud phenomenon.
5. Active skin infection or open wounds at the time of treatment
6. Outbreak of perioral herpes simplex virus infection (cold sores) at the time of treatment
7. History of Accutane (isotretinoin) or Soriatane (acitretin) within 1 months of treatment
8. History of photosensitivity
9. Light-triggered seizure disorders
10. Photosensitizing medications. Stop the medication, if possible, for 3-5 days prior to treatment.
11. Recently tanned skin: Do not treat recently tanned skin. Hypopigmentation or hyperpigmentation may occur. Allow tan to fade prior to treatment.
12. Implanted medical devices: pacemakers, cardioverters and other implantable devices or fillers: consult your physician prior to treatment.
13. Medications: daily anti-coagulation therapy, iron supplements, vitamin E, fish oil, herbal supplements such as St john’s-wort, ginkgo, ginseng or garlic may interfere with treatment.
14. Topical medications and skin care products: stop 72 hours pre- and post- treatment.