

Pico Fractional Laser Post Care

Pico Fractional Laser Treatment produces side effects. The intensity and duration of your side effects depends on the treatment aggressiveness and your individual healing characteristics. Generally, patients who are treated more aggressively experience more intense and longer lasting side effects; however, some patients who receive a less aggressive treatment may experience side effects of greater-than-expected magnitude, while others receiving more aggressive treatments may experience side effects of less-than-expected magnitude. Notify your physician if the severity of your side effects becomes a problem for you.

How to Care for Your Skin After Treatment

In the first 24 hours:

- The skin is red, much like a sunburn
- There may be pinpoint bleeding in the first 12-24 hours (especially in aggressively treated areas)
- Swelling may occur depending on aggressiveness of treatment
- Cold compresses help with redness, swelling, pinpoint bleeding, and mild discomfort
- Anything new applied to the face (water, soap, creams, make-up) might sting for several minutes then subside
- Use Gentle soap or cleanser (i.e. **Cerave** or **Cetaphil**® cleanser).
- Apply a steroid cream, emollient (e.g. Aquaphor) twice a day x3 days until redness subsides, then daily cream moisturizer
- Avoid sun exposure

From 24-48 hours:

- The skin becomes darker and a bit brawny/tight
- Daily cream moisturizer once stinging subsides
- Avoid sun exposure
- Non-steroidal anti-inflammatory drugs (NSAIDs) such as, Motrin or Advil, as needed to help reduce any mild swelling or mild discomfort.
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After 48-72 hours

- The skin is ready to exfoliate
- Exfoliating skin feels “gritty” but no large “flakes” like with peels
- At this time it is OK to go back on retinoids
- Daily cream moisturizer
- Avoid sun exposure. If exposed, use sunscreen SPF 30. It is very important that you use sunscreen to prevent sun damage to the skin. Sunscreen should offer broadband protection (UVA and UVB) and have a sun protection factor (SPF) of 30 or more. Once sloughing is complete, use sunscreen daily for at least 3 months after your last treatment. Apply sunscreen 20 minutes before going outside, and again, immediately before. Reapply sunscreen every 2 hours. If direct sun exposure is necessary, wear a hat and clothing that covers the treated area. Your practice of diligent sunscreen use may lower the risk of laser-induced hyperpigmentation (darker color).