

Pico Fractional laser is a non-invasive laser therapy providing options to address many common signs of aging. It is safe for all skin types. It's the perfect solution for people who are looking for healthier skin.

Pre-treatment instructions

- 6 - 12 months prior to treatment stop the use of:
 - Accutane® (Isotretinoin)
- 3 days prior to your procedure stop the use of:
 - Retinols: Retin A, Tazorac®, "anti-aging" products
 - Glycolic acid products
 - Salicylic acid products
 - Read the labels on all of your skin care products, including over-the-counter to avoid these ingredients
- 2 weeks prior to treatment stop the use of:
 - Tanning or sun exposure
 - Complementary/supplemental treatments (IPL, Hair Removal, Chemical peels)
- 7 -10 Days prior to treatment stop the use of:
 - Abrasive scrubs
 - Waxing
 - Microdermabrasion treatments
- Take one dose of 25 mg Benadryl® the night before the procedure and continue this for several nights as many people will be itchy after the procedure and it may also help with swelling.
- All patients will be given medication to prevent cold sores. Even though you may have never had a breakout most people have been exposed to the virus that causes cold sores. You will take Valtrex 500mg by mouth twice daily starting the day prior to the procedure and continuing the next 5 days.
- In some cases an acne breakout may occur post treatment. If you have a history of acne or would like to prevent the chance of developing acne you will also be given a prescription for antibiotics to take for 2-3 weeks after the procedure.
- If you have a history of melasma or other issues with hyperpigmentation we suggest starting a lightening cream such as Lytera 4 or Hydroquinone weeks prior to the procedure. This should be stopped 1 week before the procedure and restarted after you have healed. This is available for purchase in our office or a prescription of hydroquinone can be sent to your pharmacy.

What to expect during your procedure:

On the day of your procedure please arrive without make up and contact lenses and wear a lower-cut, buttoned shirt. When you arrive at the office pre-procedure pictures will be taken. A topical anesthetic will be applied to the areas being treated and will be left on for about 60 minutes. The treatment takes approximately 20-30 minutes.

You will be red and notice a significant amount of swelling. It is best not to schedule this treatment within a week of any big events or social engagements.

What to have ready after your treatment

- **Ice.** Bags of frozen peas work as well as ice packs. Icing post treatment will help reduce swelling.
- **Sunblocks with SPF 30+ that contain zinc oxide or titanium dioxide.** Once the skin is healed, you will be instructed to apply sunscreen liberally for 3 months. We generally recommend SkinMedica Daily Physical Defense or Cerave sunblocks.
- **Bland moisturizer like Cerave cream or Aquaphor**

Protection your investment

- Now that you have invested in transforming your skin, it is important to protect that investment. Our cosmetic coordinator can discuss the best way to keep your skin healthy and provide a skin care regimen.