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### **Pretreatment/Post treatment Instructions: Picosure**

#### **Precautions to take before your light-based treatment:**

- No sun exposure, tanning beds and sunless tanning cream. Sun exposure decreases the effectiveness of the laser or pulsed light treatment and can increase the chance of post-treatment complications.
- Apply a SPF 30 at least but prefer higher (recommend Neutrogena baby with zinc/titanium sunblock) to the area to be treated when exposed to the sun.
- Remove all makeup, creams or oils prior to treatment.
- You may opt to have the area numbed. Apply this 1 hour prior to treatment.

#### **Immediately Post Procedure**

- Blistering is common and is likely to occur a few hours after your treatment. Do not be alarmed, blisters heal very well and are part of the normal healing process. Do not pick at blisters or scabs but instead allow them to heal. Do not shave over the area until healed (you may shave around the area). Always wash your hands before and after touching the healing area.
- You may apply cool compresses as necessary for 24 hours after the laser treatment to help reduce discomfort and inflammation. You may take ibuprofen or other over the counter pain relievers.
- Try to avoid hot water for the first 24-48 hours as it will feel very uncomfortable over the lasered area.
- Itching is common secondary to inflammation and can begin on day #1-2 and last for the first several weeks. Recommend Benadryl at night if it keeps you awake.

#### **First week**

- Clean treated area daily allowing water or shower to run over the wound, and then pat the area dry.
- Apply thin layer of Vaseline or coconut oil (depending on Dr. Saluja's recommendations made at your consultation) to the wound for 1 week. May apply saran wrap (loosely)- optional.  
Discomfort may be relieved by ice packs or acetaminophen.  
No swimming or using hot tubs/whirlpools or general soaking of the area for the first week as this may increase infection rate (until wound heals)
- You may exercise, but clean area (shower) immediately after and don't allow sweaty garments to remain on the skin after you exercise. This breeds bacteria and may increase risk of infection.

We recommend separating visits from 6-10 weeks (not 4-6 weeks).

Contact Dr. Saluja if there is any indication of infection (redness, tenderness or pus).