



Pre Care Instructions

- Avoid sun exposure/tanning to the area for 6 weeks prior to treatment, during the course of the treatment and following treatment. SPF 30+ should be utilized prior to, throughout and post treatment.
- Discontinue topical retinoids or skin irritants 3-5 days prior to treatment.

Post Care Instructions: Benign Pigmented Lesions

- Immediately post treatment, especially in darker skin types, consider post cooling the treatment area with cool packs or alternative cooling method.
- There may be discomfort resulting from the treatment. Benign pigmented lesions may become darker. Erythematous discoloration may appear immediately after treatment and last for a few minutes to a few days. This may be replaced with an erythema or purpura for several days. A scab may form at the treatment area and drop off in 7-10 days.
- Keep the treated area hydrated and sun protected with a SPF of 30+. Practitioners may want to consider a topical steroid cream and cold compresses. Sun exposure should be avoided for a minimum of two weeks post treatment.
- One to three treatments are typically recommended, spaced at 4-6 week intervals.
- The treatment of melasma may require 2-9 treatment sessions, based upon factors which include provider assessment, Fitzpatrick skin type, depth of lesion, and desired outcome.
- Avoid sun and tanning for 3 to 4 weeks after treatment.

To achieve optimal benefit, multiple treatments may be necessary, spaced approximately 6-12 weeks apart and continued based upon clinical judgment.

Patient Compliance

Follow all pre-and post instructions carefully; this is essential for the success of your outcome. Post treatment instructions concerning appropriate restriction of activity, use of post-treatment care and use of sun protection must be followed to avoid potential complications, increased pain, and unsatisfactory results. Your treatment provider may recommend that you utilize a long-term skin care program to enhance healing and results following PicoWay treatment.