

# ESSENTIALS MEDI SPA

## PICOWAY RESOLVE LASER FACIAL PRE & POST CARE INSTRUCTIONS

### PRETREATMENT INSTRUCTIONS

1. Avoid the sun 4-6 weeks before and after treatment until your physician allows it.
2. Your Provider may ask you to stop any oral or topical medications or other skin care products (e.g. acne products, retinol or anything that could cause irritation) 3-5 days prior to treatment.
3. Tanned or darker skin types should not be treated. If treated within 2 weeks of active (natural sunlight or tanning booth) tan, you may develop hypo-pigmentation (white spots) and this may not clear for 2-3 months, or even longer.
4. The use of self-tanning skin care products must be discontinued 1-2 weeks prior to treatment. Any residual self-tanner must be removed prior to treatment.
5. You may not have this treatment if you have had BB Glow, or tattooed freckle treatments (tattooed brows or lips can be avoided).

### INTRAOPERATIVE CARE

1. The skin is thoroughly cleaned prior to treatment.
2. If treating the upper lip, the teeth may be protected with a moist, wet gauze. The gauze also serves to support the lip during treatment, allowing a surface to push against.
3. Safety considerations are important during the laser procedure. The patient and all personnel in the treatment room **MUST** wear protective eyewear during the procedure to reduce the risk of eye injury. Your provider will take all necessary precautions to ensure your safety and comfort.
4. Multiple treatments may be necessary.

### POSTOPERATIVE TREATMENT CARE

1. Erythema (redness) and edema (swelling) at the treatment site can occur and may last up to 2 hours or longer. A small amount of pinpoint bleeding may also occur.
2. An ointment like Aquaphor, Aloe or Recovery Balm will be applied to the treated area.
3. It is very important not to pick, scratch or aggressively wash/scrub the area to prevent possible infection. Your skin may feel dry and tight (this is normal). You may use calming moisturizers for sensitive skin. Alumier MD after care kits are available and should be used for 7 days. Avoid skin care products that could cause irritation (e.g. acne products, retinol).
4. Avoid sun exposure to reduce the chance of hyper-pigmentation (darker pigmentation). High heat environments should be avoided for the remainder of the day.
5. Use sun block (SPF 30+) at all times throughout the course of your treatments. You can pick up a free sample of the Alumier MD sunblock, as they are SPF 40-42.
6. There are no restrictions on bathing except to treat the area gently.
7. Makeup can be applied the next day.
8. Call or email Dalyce with any questions or concerns.

