

## **Patient Instructions for Picoway Laser Treatment**

### **Prior to treatment:**

1. Avoid sun exposure for 2 weeks before and after treatment. A sunscreen of SPF 30 or greater should be used when exposed to the sun for several months before and after your treatment, or as long as you plan to continue treatment. Darker melanin or pigment from the sun may produce side effects or make the treatment less effective.
2. Aspirin, ibuprofen, naproxen should be discontinued 7 days prior to treatment and two weeks after treatment (please check with your primary care physician if prescribed for medical reasons).
3. The following herbal supplements should be discontinued 7 days prior to treatment: ginkgo, ginseng, garlic, fish oil, vitamin E, and iron.
4. Discontinue retinol or retin-A (tretinoin) 7 days prior to treatment.
5. If you have a history of perioral herpes simplex virus infection (cold sores), antiviral medication will be prescribed prior to treatment (please inform us if you require a prescription).
6. Please be well hydrated (drink 3 liters of water) on the day prior to treatment.

### **Day of Treatment:**

1. Please arrive 10 minutes prior to your scheduled appointment time.
2. Please continue to hydrate on the day of treatment, especially if your treatment is not scheduled in the early morning.
3. Topical anesthetic cream or local injection of anesthetic may be administered prior to the treatment for your comfort. You may choose to be treated without local anesthesia. If you prefer to be treated with topical anesthesia, please arrive 30-40 minutes prior to your scheduled appointment time.
4. The skin must be clean and dry. If you apply lotions, perfumes, make-up, deodorant, self tanners, please clean them off with gentle soap and water provided.
5. Please do not use hairspray or other flammable products on the day of treatment.
6. If applicable, please take the prescribed antiviral medication at least 2 hours prior to treatment.
7. If you are wearing a wool sweater, please change into a patient gown prior to treatment.

### **Post-treatment:**

There may be discomfort/pain resulting from the treatment.

A white-gray 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.

**Following the treatment of a tattoo:**

1. Apply a lubricant (Aquaphor® Healing Ointment or Vaseline®) to the area and cover with a non-stick dressing and paper tape.
2. Apply the lubricant and dressing for 7-10 days following treatment and then re-cover the treatment site with a non-adherent dressing affixed with paper tape.
3. Prevent trauma to the treated area for the first 7-10 days following treatment.
4. Avoid physical exercise (aerobics, lawn mowing, sport activities) for 1- 2 days to reduce the risk of infection. The patient should not participate in any rough physical activities (playing football or ice hockey, etc.) for 10 days after treatment.
5. Avoid excessive perspiration to the area as it may cause tissue disruption.
6. Use daily a broad-spectrum (UVA/UVB) sunscreen SPF 30 or greater for 4-6 weeks before starting the treatment and throughout the treatment duration.
7. Once skin irritation or crusting resolves, you may resume your routine skin care regimen.

**Following the treatment of pigmented lesions:**

The treated area should be cared for delicately until healing is complete.

1. Prevent trauma to the treated area for the first 7-10 days following treatment.
2. Avoid physical exercise (aerobics, lawn mowing, sport activities) for 1- 2 days to reduce the risk of infection. The patient should not participate in any rough physical activities (playing football or ice hockey, etc.) for 10 days after treatment.
3. Avoid excessive perspiration to the area as it may cause tissue disruption.
4. Apply Vaseline or a barrier repair moisturizer to treated and crusted areas twice daily until complete healing occurs.
5. Use daily a broad-spectrum (UVA/UVB) sunscreen SPF 30 or greater for 4-6 weeks before starting the next treatment and throughout the treatment duration.
6. Once skin irritation or crusting resolves, you may resume your routine skin care regimen.

**The following conditions may influence the ability to undergo treatment:**

1. History of keloids
2. Pregnancy
3. Autoimmune disease
4. Cold sensitivity or Raynaud phenomenon.
5. Active skin infection or open wounds at the time of treatment
6. Outbreak of perioral herpes simplex virus infection (cold sores) at the time of treatment
7. History of Accutane (isotretinoin) or Soriatane (acitretin) within 6 months of treatment
8. History of photosensitivity

9. Light-triggered seizure disorders
10. Photosensitizing medications. Stop the medication if possible for 3-5 days prior to treatment.
11. Recently tanned skin: Do not treat recently tanned skin. Blisters and hypopigmentation or hyperpigmentation may occur. Allow tan to fade prior to treatment.
12. Implanted medical devices: pacemakers, cardioverters and other implantable devices or fillers: consult your physician prior to treatment.
13. Medications: daily anti-coagulation therapy, iron supplements, vitamin E, fish oil, herbal supplements such as ginkgo, ginseng or garlic may interfere with treatment.
14. Topical medications and skin care products: stop 72 hours pre- and post- treatment. Self-tanning products must be removed.

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