



## PICOSURE FOCUS INSTRUCTIONS

### PRE-TREATMENT:

- No sun exposure, tanning beds and/or sunless tanning cream for 4 weeks prior to treatment. Sun exposure decreases the effectiveness of the laser treatment and can increase the chance of post-treatment complications.
- If you are prone to getting cold sores, tell your doctor, so you can be treated with an anti-viral medication.
- Remove all makeup, creams or oils prior to treatment.

### POST-TREATMENT:

- Cleanse the treated area at least daily with water and mild soap, and then pat the area dry.
- Do not rub or scratch the treated area.
- If crusting/scabbing occurs, do not shave or pick area. Apply moisturizer to the area 2-3 times a day. Keep the area moist, and let the crusting/scabbing resolve on its own.
- Discomfort may be relieved by cold gel packs and/or an over the counter pain reliever, such as acetaminophen.
- Avoid contact sports or any other activity that could cause injury of the treated area.
- Avoid swimming, soaking or using hot tubs/whirlpools until the skin heals.
- Use a broad spectrum UVA/UVB sunscreen with an SPF of 30 or higher. Apply to the treated area every 2 hours when exposed to the sun.

If you have any questions or concerns, or experience an unexpected reaction, please call us immediately. A physician can always be reached after hours through the answering service. We are happy to speak with you any time (310) 906-2788.