

PicoGlow Skin Revitalization Post Treatment Instructions

-A mild sunburn/windburn-like sensation is to be expected. This usually lasts for 24 hours but can persist for up to 5 days. Immediately apply an SPF of 30+, and continue daily use for at least 4 weeks.

-**Mild to moderate swelling** may accompany the redness, but will resolve within 2-5 days. You may take Benadryl at bedtime (*if needed*). Sleep elevated with extra pillows the first 2 nights.

-**Applying ice** during the first 24 hours can help minimize swelling and relieve discomfort. Always use a protective barrier between your skin and the cold source to prevent cold injury. Apply ice for 10–15 minutes per hour.

-An oral, non-steroidal anti-inflammatory (NSAID), such as ibuprofen (Advil), may be taken to reduce discomfort. Use according to the manufacturer's recommendations.

Treat skin gently:

o**Avoid the use of any exfoliants** including: Retin-A, Tretinoin, Salicylic Acid, Glycolic Acid, or alcohol-based cleansers until your skin returns to normal.

oUse a mild cleanser such as our **La Chelè Perfecting Oil Cleanser** or **SkinMedica Facial Cleanser**. Be sure to avoid aggressive scrubbing of skin.

oAvoid washcloths, loofahs, sonic cleansing brushes, etc. for one week post treatment. Skin may be temperature sensitive at this time, so **avoid extreme temperatures when cleansing or showering**.

oAvoid shaving until skin is back to baseline.

o**Avoid activities** which will result in excessive sweating **such as intense work outs, saunas, and steam rooms** until the skin is back to baseline.

oHarsh chemicals found in swimming pools, hot tubs, and jacuzzis should be avoided.

oMoisturize daily, 2-3 times per day. We recommend our **Elta MD Laser Enzyme Gel** (*keep cooled in refrigerator*), followed by the **Elta MD Sunscreen**. Both are sold in our offices.

Other:

-Makeup may be applied immediately after the treatment as long as skin integrity has not been compromised.

-In the case of crusting of the skin in the treated area, apply an antibiotic ointment twice per day to the affected areas. Do not pick at these areas, as this may result in infection or scarring.

-If the skin is broken or a blister appears, apply an antibiotic ointment and contact the office immediately.

-Keep the affected area moist and **avoid direct sunlight**. Strictly avoid any sun exposure to the treated area for a **minimum of 2 weeks** after the procedure. The treated area is more prone to sunburn and pigmentation changes. Keep the area covered and use the recommended **Elta MD Sunscreen** sold in our offices. Be sure to reapply SPF every 2 hours. Delayed blistering related to sun exposure has been reported up to 72 hours post treatment.

-If you are in the middle of a series of PICO Glow treatments, **sun exposure should be avoided between treatments** and a sunblock should be used on a daily basis, all year round.

-Handle the treated area with care. **Be gentle**. Do not scratch or pick at the skin.

-Subsequent treatments are determined by your clinician and are typically scheduled 2–4 weeks apart.

-**If you have melasma, a darker skin type**, or are simply looking to enhance and maintain pigment reduction, we recommend applying our prescriptive **La Chelè Melasma Emulsion** (*hydroquinone*) cream daily, morning and evening, for 2 weeks prior to treatment, and **no longer than 3–6 months** post treatment. After this period, discontinue use for an additional 3–6 months before resuming treatment. During your off months, substitute with **Skin Medica's Even and Correct** line.

-Apply cold gel packs to reduce swelling, which may last for several hours to 3 days.