

lachelé

AESTHETICS & WELLNESS

PicoGlow Skin Revitalization Pre Treatment Instructions

- No Accutane (*Isotretinoin*) within the last 6 months. Advise your provider if you are on any other medications.
- Please arrive to treatment with a **clean face, free of makeup and products**. Also, **remove all jewelry or piercings**.
- Please avoid any sun exposure for at least 2-4 weeks prior** to your treatment. **Do not use self-tanner** during this time, **including spray tans, tanning lotions, tanning beds**, or other artificial tanning methods. Natural or artificial tans can affect your results after treatment or cause burns and or scarring.
- Please have your hair tied back if possible. Photos will be taken before the treatment starts.
- Please **STOP** the following cosmetic products 7 days before treatment: **Retin A, Tretinoin, Benzoyl Peroxide, Glycolic Acid, Salicylic Acid or any retinol product**.
- If you are prone to cold sores** (*Herpes Simplex A*), please notify one of our providers, as heat can act as a trigger and cause a flare up. Prophylactic antiviral medications can be prescribed for you.
- If you have a warmer skin tone**, we strongly advise to begin a daily AM & PM topical application of an over-the-counter steroid (*such as hydrocortisone 1%*), sold in our office. Begin to apply hydrocortisone to the treatment area 1-2 days prior to the day of treatment, and continue a daily AM & PM application for 1-2 days post treatment. Do not apply longer than 7 days in a row.
- If you have melasma, a darker skin type**, or are simply looking to enhance and maintain pigment reduction, we recommend applying our **prescriptive La Chelé Melasma Emulsion** (*hydroquinone*) cream daily, morning and evening, for two weeks prior to your appointment. Use for no longer than 3-6 months. During your off months, substitute with **Skin Medica's Even and Correct** line.
- For melasma, multiple sessions (2-4 week intervals) are often required. Continue to use any prescribed creams, starting roughly 24-48 hours after treatment, as instructed by your provider.
- Results are gradual, and maintenance sessions are often needed
- In addition to the above, incorporate a vitamin C product such as our **La Chelé Radiant C Cream** or **La Chelé Photo C & E Serum** applied in the morning only. During your "off" months from hydroquinone, substitute with the **SkinMedica Even & Correct** line to help maintain results.
- This light-based treatment is mild-moderately uncomfortable during the procedure. Tylenol can be taken 30 minutes before your procedure if needed. For best results, complete an initial series of 3 treatments, each 4 weeks apart, and repeat maintenance treatments quarterly to annually.
- Topical anesthetics such as lidocaine may be used for your treatment; therefore, please alert your provider of any allergies to topical anesthetics.

If you have any questions or concerns, please call our offices at (855)522-4353 and follow the prompt for your desired location. During off hours, call Dr. Espinoza's cell at (908) 303-5694. You can also email us at team@lachele.com