

## PICOWAY RESOLVE PRE + POST PROCEDURE PATIENT INSTRUCTIONS

### PRE TREATMENT PROCEDURE

- Avoid the sun for at least 2 weeks before treatment. Sun exposure includes 15 or more minutes in the sun whether it be walking the dog, driving in the car with a sunroof or gardening. If you plan on doing these types of activities, use SPF 30 or higher and wear a wide brimmed hat. If treating the decollete, keep covered with clothing.
- The use of self-tanning skin products must be discontinued one week before treatment. Any residual self-tanner should be removed prior to treatment.
- Your provider may ask you to stop any topical medications or skin products 3-5 days prior to treatment.
- If you have had a history of perioral herpes, your provider may recommend prophylactic antiviral therapy. Follow the directions for your particular antiviral medication.
- If you are known to have hives or red-bumps after laser treatments, it is best to pre-treat with loratadine 10mg or Benadryl 25 mg prior to the treatment. Obtain 1% hydrocortisone cream to apply for a couple days after treatment as well.

### POST-PROCEDURE CARE

- Immediately after treatment, you will experience mild – moderate redness of the treated area, which should resolve within 4-12 hours. For more aggressive treatments, this redness could be present for up to 48 hours. There may also be petechiae (red dots) or purpura which may take 2-3 days to resolve but are temporary.
- A histamine response sometimes occurs 48 hours after treatment and can easily be treated with 1% hydrocortisone applied 3 times a day until resolution. The histamine response can appear as pinpoint pimples, small hives or bumps, mild redness and itchiness.
- Avoid sun exposure to reduce the chance of hyperpigmentation (darker pigmentation). Use sun block (SPF 30+) at all times throughout the course of your treatments.
- Avoid strenuous exercise for 48 hours post treatment to avoid heating the skin and risking hyperpigmentation.
- You may resume your normal skin care routine tomorrow, unless otherwise directed. It is ok to wear makeup tomorrow, as well, if your makeup brushes are clean.
- Most patients will need a series of 3-5 treatments to obtain their desired look. Treatments can be repeated as soon as 4 weeks.
- Results will be noticeable 2-4 weeks post treatment and continue to improve over 4-6 months.
- To maintain your results, please ask your service provider about medical grade skin care.

Call our office at 802-861-2273, if you have any questions or concerns.

If you have questions or concerns after business hours following a procedure, please call us at **802-861-2273** and push **option 2** to be connected to our answering service. **For a true medical emergency, call 911.**