



Before and after your PicoWay laser treatment we recommend you adhere to the following recommendations. This will ensure the results of your treatment are optimal and help avoid unwanted side effects.

#### PRE TREATMENT CARE

- Avoid excessive sun exposure, tanning and sun beds for 4 weeks prior to treatment. We can not treat you if your skin is darkened since your consultation due to increased risk of burns.
- Avoid applying self tanning gels, creams and moisturisers for 2 weeks prior to treatment.
- Come make up free to your appointment if possible.

#### POST TREATMENT CARE

- Expect your skin to appear pink and warm for a few hours after treatment.
- Expect your pigmentation to appear darker and patchy after treatment. You may even notice pigment that was not previously visible, this is normal.
- Apply cold compress to the skin after treatment to relieve heat and discomfort if desired or recommended by your therapist. Do not rub the area.
- Apply only topical treatments provided or recommended by your therapist for the next 7 days. Avoid active skin care for 7 days.
- Keep the treated area hydrated by applying moisturiser regularly.
- Apply SPF 30+ to your skin for 2 weeks after treatment. We recommend K-ceutic by Dermoceutic, available in clinic or from our online shop.
- Do not exfoliate or rub the skin for 7 days after treatment.
- No swimming for 48 hours after treatment.
- No spray tans or hair removal in the treated area for 7 days after treatment.

#### POSSIBLE MINOR SIDE EFFECTS

- Minor swelling, redness & feelings of light sunburn, petechiae (pin-point bleeding) under the skin.
- Itchiness and red or white bumps on the skin, particular within 48 hours after treatment. This is normal and may be relieved with oral antihistamines and a cold compress. This effect lessens with subsequent treatments.
- You may notice darker pigment and pigment in new areas of the treated area. This is normal and is caused by the laser targeting deeper pigment previously not visible on the surface of the skin. This will settle within 2 weeks.

*If you are unwell or concerned about any aspect of your treatment, please don't hesitate to contact the clinic so we may advise and support you.*