

Patient Instructions for Skin Tightening and PICO Genesis

Pretreatment Instructions:

- 1.) You may need to stop any topical medications or skin products 3-5 days prior to treatment.
- 2.) Recently tanned skin **CANNOT BE TREATED!** If treated within 2 weeks of active (natural sunlight or tanning bed) tanning, you may develop pigmentation changes, which may not clear for several months.
- 3.) Self-tanning products must be discontinued 1 week prior to treatment. Any residual self tanner must be exfoliated well prior to treatment.

Intra Operative Care:

- 1.) The skin is cleaned thoroughly prior to treatment.
- 2.) Protective eye wear will be worn by everyone in the lasing room during the procedure to reduce the chance of damage to the eye.

Post Treatment Care:

- 1.) After treatment there should be mild erythema (redness) and mild edema (swelling) which may last up to 2-3 days. There will also be a mild sunburn sensation for a few hours after treatment.
- 2.) Your provider will inform you when you can resume the use of your normal skin care products. Make up may be used after treatment as long as skin is not irritated.
- 3.) Avoid sun exposure to reduce the risk of hyperpigmentation (darker pigmentation).**
- 4.) Use sunblock (SPF 30+) at all times throughout treatment.
- 5.) Avoid picking or scratching the treated skin.
- 6.) There are no restrictions on bathing except to treat the skin gently, as if you had sunburn, for the first 24 hours.
- 7.) The laser treatment is often performed several times at monthly intervals for best results.