



# Picosecond Laser Skin Rejuvenation Pre & Post Treatment Information

*Picofirm, Pico Focus, Pico Pigment, PICO Genesis & PICO Genesis FX*

Picosecond technology is the most advanced laser technology available today. It can safely treat all skin types due to the ultra-rapid delivery of picosecond energy to the skin, significantly reducing the heat build-up. This allows for more comfortable and effective treatments without the side-effects or down time of traditional lasers.

Fresh Laser Skin Studio uses the two most advanced picosecond technologies available today. Cynosure's PicoSure laser and Cutera's Enlighten III laser, allows us to provide you with safe, customized and effective laser skin treatments, for all skin types.

We want to ensure to give you the best experience and most effective treatment possible. In order to receive the best results, please be aware of the following points prior to your treatment and contact us if you have any questions.

Your Certified Laser Specialist will customize all laser settings according to the specific treatment being performed, your skin type and your comfort level, while maintaining the highest standards of safety. Everyone in the treatment room must wear protective eyewear to prevent permanent eye damage from this intense light produced by the laser.

**Failure to comply with the following pre and post-care may increase the probability of complications.**

## **Pre-Treatment**

- Confirm that you are not currently on any photosensitizing medications. Accutane must be discontinued for at least 6 to 12 months prior to laser treatments. Other photosensitive medications, including antibiotics, will need to be avoided before and during the duration of laser treatments. Your technician will advise you of the necessary precautions if this is applicable to you.
- Inform your technician if there are any changes in your initial medical/medication history to enable accurate updates of your secure and confidential file.
- Neurotoxins (Botox, Dysport, Nuceiva or similar) or fillers should be administered post-treatment or a minimum of 2 weeks prior to your treatment for neurotoxins and 4 weeks prior for fillers.
- Please let us know about any recent sun exposure to the area being treated. **Avoid unprotected sun exposure, tanning beds and self-tanning creams for a minimum of 2 to 4 weeks prior to your appointment** and for at least one week after the final treatment.
- Apply a broad-spectrum (UVA/UVB) mineral sunblock of SPF 50 whenever the area being treated is exposed to the sun. Reapply every 3 to 5 hours or after being in water. We recommend a lightweight dry mineral SPF 50, Colorescience Sunforgettable Enviroscreen, or one of our liquid Enviroscreen SPF 50 mineral sunscreens. Feel free to ask us for a sample of one of these great SPF options.
- Ensure you inform Fresh Laser Skin Studio if you have a history of hyperpigmentation. In this case you may be prescribed a topical lightening cream to be applied for 2 – 4 weeks prior to treatment.
- All Melasma pigmentation must be pre-treated with a pigment regulator for a minimum of 2-4 weeks prior to any laser treatment.
- Discontinue use of any topical Retin A (Vitamin A) prescriptions, medical grade topical retinols or any other highly active product for a minimum of 3-5 days prior to facial laser treatments and 3-5 days after treatment.
- Using a good skin care regime at home can help to prep your skin for the upcoming treatment. Using medical grade skin care can create an overall healthier canvas for us to treat and give you a better outcome.
- Heat from certain treatments may trigger cold sores. If you are prone to cold sores (herpes) in the area to be treated, you may need an anti-viral prescription from a medical doctor prior to having the treatment. Laser treatments cannot be performed during herpes breakouts, if in the treatment area.

**Please inform us if there are any changes in your medical condition and/or medications**

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# Picosecond Laser Skin Rejuvenation Pre & Post Treatment Information

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## Post Treatment: Expectations following Laser Treatments:

- Treated area may feel like a sunburn for a few hours, use a cold compress if needed
- Redness and swelling may last 24 - 72 hours
- PICO Genesis FX, the redness and swelling gradually resolves over the next 3 to 7 days and in general, covers nicely with minerals on day three. Recovery time may be extended depending on the skin's condition, laser intensity and individual response to the treatment
- Petechiae (pinpoint red spots) may be present in the treatment area
- PICO Genesis FX, petechiae will be present and may vary in intensity in the treatment area
- Avoid exercising, hot tubs, or anything else that could cause excess heat or perspiration to the treated area for 24 hours following treatment
- LLLT (Low Level Laser Therapy) may be an option to help with the healing process if redness and inflammation is persistent
- Gently cleanse the skin and avoid any scrubs or active ingredients for a minimum of 3 days
- Always apply a broad-spectrum (UVA/UVB) mineral sunscreen of SPF 30, or higher, daily (physical sunscreen SPF 50 is recommended for the face) or whenever area is exposed to the sun, during and after the course of treatment
- Mineral makeup (recommended) may be applied after the treatment, ensuring a physical sunscreen of at least SPF 30 (SPF 50 recommended) is under your makeup
- It is imperative to **avoid direct and/or unprotected sun exposure**, including tanning beds and self-tanning lotions, to reduce the possibility of hyper or hypo pigmentation (dark or light spots). **Unprotected sun exposure of the treatment area cannot be treated with a laser for at least 2 - 4 weeks, as melanin in the skin becomes activated and increases risks for burns and pigmentation changes**

## Picofirm

This treatment involves **vessel** removal using a 532nm and/or 1064nm millisecond laser

- The treated area will appear flushed and feel warm and/or tight, cool compresses or cloths may be used. Skin may be red, which could last 24-48 hours or more following treatment
- Swelling will occur in the treatment area and may take up to 72 hours or more to subside (dependent on location and volume of vessels treated)
- Treated area may blister, have tiny white bumps and/or scab. Very important **not** to scratch, rub or pick at crusts, as this may cause **scarring!**
- Bruising may occur in the treated area and will gradually fade within two weeks
- Multiple treatments at 3-4 week intervals may be necessary
- Treatment will fade, reduce, or eliminate veins, however results vary with each individual

## Pico Focus, PICO Genesis, PICO Genesis FX, Picofirm & Pico Pigment Removal

All these treatments involve the use of the PicoSure or Enlighten III laser (latest picosecond technology)

- Redness and swelling after treatment are normal and could last 24-72 hours or longer with FX. May apply cold compress or gel pack to the treated area to help minimize inflammation
- Intense redness including petechia may be present after PICO Genesis FX and may take up three to seven days, or longer to resolve
- Multiple treatments at 2 week(melasma) to 4-week intervals are often necessary
- Continue use of pigment regulator (used for pre-treatment) 24 hours after treatment
- SPF 50 mineral sunscreen must be used to protect the face, especially when treating melasma
- Please note: Melasma is one of the toughest skin conditions to treat and it may take several treatments to see results. Maintenance may also be needed to control this skin condition.

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**Please contact us via email ([info@freshlaser.ca](mailto:info@freshlaser.ca)) or phone (403-264-4494) with any questions or concerns you may have after your treatment, we are here to help.**

## **Potential and common side effects that may occur with Picosecond treatments:**

- DISCOMFORT may be minimal to moderate. Some areas are more sensitive than others. Topical anesthetic is available for purchase if required. Certain laser treatments include a prescription grade topical anesthetic or can be added on for an additional fee.
- INFLAMMATION which may include irritation, itching, pain, bruising, flaking, ingrown hairs, typically subside/fade in 5-7 days
- ERYTHEMA (redness) and mild to moderate “sunburn” like effects may last for a few hours to 2-5 days
- EDEMA (swelling) of the skin around the treatment site may last 2-5 days, but can be reduced with regular application of a cold gel pack
- PUSTULES or PIMPLES may develop in the first few days following treatment and gradually subside
- TEXTURE CHANGES - Transient texture changes often occur, but usually resolve with time
- BLISTERING, SCABBING or CRUSTING may occur and usually take 4-10 days to heal.
- PETECHIAE may be present after treatment and may last 3 - 5 days. Common with the PICO Genesis FX treatment
- FRECKLES/PIGMENT – Existing freckles/pigment in the treated area may temporarily or permanently disappear

## **Complications and adverse reactions that may occur with picosecond treatments:**

- COINCIDENTAL HAIR REMOVAL – There is a possibility of coincidental hair removal when treating pigmented or vascular lesions in hair-bearing areas
- HISTAMINE/HIVES - Some people may develop raised papules similar to hives, this usually subsides within a few hours. On rare occasions antihistamines will need to be taken orally for a few days until reaction subsides
- HYPOPIGMENTATION/HYPERPIGMENTATION: (changes in skin colour) - May develop temporarily after laser treatment. Hyperpigmentation can be worsened with sun exposure. Pigmentary issues typically resolve with time, but on a rare occasion may take up to 9-12 months to resolve or be permanent.
- SCARRING – Scarring is a rare occurrence but is a possibility if the skin is disrupted by picking or other abrasive scrubbing. To minimize chances of scarring, it is IMPORTANT that you follow all post-treatment information provided by your technician and also available on our website
- ALLERGIC REACTION – There is an unlikely, but potential risk of allergic reaction to any gel, lotion or numbing anesthetic that may be applied to the skin before or after treatment. Such risks include temporary swelling, itching and formation of a rash
- OCULAR SHIELDS – For treatments involving ocular shields (under eyelids), there is an unlikely, but potential risk of minor corneal abrasion and/or adverse allergic reaction to numbing drops
- SUN EXPOSURE / TANNING BEDS / ARTIFICIAL TANNING – May increase risk of side effects and adverse reactions
- EYE EXPOSURE – Protective eyewear or metal shields will be mandatory during treatment. Failure to wear eye protection during the entire treatment may cause severe and permanent eye damage
- PRE & POST CARE – Failure to comply with pre and post-care information may increase the probability of complications. Please check our website [www.freshlaser.ca](http://www.freshlaser.ca) or call 403-264-4494 or email: [info@freshlaser.ca](mailto:info@freshlaser.ca) if you have any questions

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## **Picosecond Laser Skin Rejuvenation Pre & Post Treatment Information**

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**Your consent form will contain the above listed potential and common sides affects, as well as the possible complications and adverse reactions. It will also contain the following statements that we will require you to acknowledge.**

- I agree to contact Fresh Laser Skin Studio Ltd. if I have any questions or concerns/reactions with my treatment(s). I understand that 2 business days notice is required for appointment cancellation or rescheduling; or I will be responsible for a minimum cancellation fee of \$50.
- I confirm that I have not used a medical grade topical Retinol or a topical prescription Retin A in the treatment area, for a minimum of 3 days prior to my treatment or taken oral isotretinoin medicine such as "Accutane", in the past 6 months.
- I confirm that I am not pregnant. If I should become pregnant during the course of my treatments, I will inform Fresh Laser Skin Studio and understand I will not be able to continue with my laser treatments until after my pregnancy.
- I am aware my results may vary with each individual treatment, that multiple treatments may be required for optimal results and maintenance treatments may be advisable. There is no guarantee that the expected or anticipated results will be achieved despite your technician's best efforts and there are no refunds for services rendered.
- I understand and acknowledge all the possible risks/complications involved with picosecond skin rejuvenation laser treatments. I consent to receive picosecond laser skin rejuvenation treatments performed by Fresh Laser Skin Studio and will not hold Fresh Laser Skin Studio liable for any risks/complications regarding picosecond laser skin rejuvenation treatments.
- I certify that I have read and fully understand the above paragraphs. I have had the opportunity for discussion and all my questions have been answered to my satisfaction.
- This signed consent will be for all laser skin rejuvenation treatments received within one year and I will notify Fresh Laser Skin Studio if there have been any changes in my health during this time.

Please contact us via email ([info@freshlaser.ca](mailto:info@freshlaser.ca)) or phone (403-264-4494) if you have any further questions.

We look forward to providing you with the best results possible!

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