



Pico Genesis Pre & Post Care Instructions

Pre Treatment:

- Do not wear makeup on the day of your treatment
- Excess hair may need to be shaved. Men should be clean shaven.
- No sun-tanning or self-tanners 4 weeks prior to treatment
 - This includes spray tans, tanning lotions, tanning beds, sun exposure, etc.
- Avoid treatments that may irritate the skin for 1-2 weeks prior to treatment (waxing, depilatories, etc.)
- Notify the clinic with any changes to your health history or medications since your last appointment
- History of herpes or cold sores may require an anti-viral prescription prior to treatment

Post Treatment:

- Avoid sun exposure and use a broad spectrum (UVA/UVB) sunscreen to prevent further sun damage
- Bruising, redness, and swelling may occur and will resolve with time
- Avoid heat – hot tubs, saunas, etc. for 48 hours
- Avoid skin irritants such as tretinoin, retinol, benzoyl peroxide, glycolic/salicylic acids, astringents, etc. 2-3 days post treatment
- Treated pigment will darken within 24-48 hours
 - Do not pick at treated areas
 - Treated pigment will exfoliate off the face in approximately 1 week
 - Treated pigment will exfoliate off the body in approximately 2-3 weeks
- Notify our office of any concerns (blistering, excessive redness/swelling, etc.)
- Consult with your laser technician on when to resume your regular skincare regimen