



# PICOWAY PRE/POST CARE INSTRUCTIONS

**ONLY SIGN IF YOU FULLY AGREE AND UNDERSTAND**

## **PRECAUTIONS TO TAKE BEFORE YOUR LIGHT-BASED TREATMENT:**

- No sun exposure, tanning beds or sunless tanning cream for 4 weeks prior to treatment. Sun exposure decreases the effectiveness of the laser treatment and can increase the chance of post-treatment complications.
- Use a broad spectrum UVA/UVB sunscreen with an SPF of 50 or higher. Apply to the treated area every 2 hours
- When exposed to the sun, and it is recommended to make this a part of your skin care routine.
- Remove all make-up, creams or oils prior to treatment.

## **INSTRUCTIONS FOLLOWING YOUR LASER TREATMENT:**

*General:*

- Cleanse the treated area at least daily with water and mild soap, and then pat the area dry.
- Do not rub or scratch the treated area.
- If crusting/scabbing occurs, do not shave or pick area. Apply Dermeze, Cetaphil or QV ointment (tattoo) or other moisturiser (face) to the area two to three times a day. Keep the area moist, and let the crusting/scabbing resolve on its own.
- Discomfort may be relieved by cold gel packs and/or an over the counter pain reliever, such as acetaminophen/paracetamol.
- Avoid contact sports or any other activity that could cause injury of the treated area.
- Avoid swimming, soaking or using hot tubs/whirlpools until the skin heals. Contact your physician if there is any indication of infection (redness, tenderness or pus).

*Tattoo only:*

- After cleansing and while skin is still moist, apply a thin layer of Dermeze, Cetaphil or QV ointment to the treated tattoo.
- Apply a non-stick pad over the tattoo until it is healed.
- Avoid sun exposure to the treated area. Use a broad spectrum UVA/UVB sunscreen with an SPF of 30 or higher. Apply to the treated area every 2 hours when exposed to the sun, and it is recommended to make this a part of your skin care routine.
- Clean area daily with mild soap and water and pat dry.
- Do not rub or scratch the area. Discomfort may be relieved by using cool gel packs or paracetamol.
- If blistering occurs, keep the area moist by applying Dermeze, Cetaphil or QV 3 times per day or antibiotic ointment as per recommendation of your physician. Do not enter swimming pools or hot tubs until treated areas are healed.
- No swimming or using hot tubs for 48 hours post-treatment.

If you have any *urgent* queries or concerns regarding your treatment, please call or text Dr Syed directly on 0402 291 967 or by email on david.syed@ipn.com.au