

Alexandrite/Picoway/Picosure/Ruby

What to expect during and after your procedure

During your procedure:

- Your eyes will be protected.
- You will feel a sensation of heat (like grease “splattering” or rubber band “snapping” against your skin).
- Each brown spot will be targeted by the laser until the entire spot has been completely covered.
- Cold air may be applied directly to skin surface as it is being treated to help decrease sensation of heat.

After your procedure:

- Sensation of heat/intense sunburn will subside throughout the day in the treated area. It is OK to take Tylenol or Ibuprofen as needed.
- You may notice a “white frosting” appearance over treated area. This will subside shortly after the procedure and then the treated area may look bruised or purple.
- Redness in the treated area.
- Swelling may vary from patient to patient. Some patients may not experience swelling, and others may experience marked swelling. Swelling typically peaks at 48-72 hours.
- Application of ice packs (10 min. on and 10 min. off) and sleeping with your head elevated will help to minimize potential swelling and will help calm the sensation of heat/sunburn.
- Apply sunscreen with Zinc Oxide and/or Titanium Dioxide daily. Protect the treated area from the sun both indoors & outdoors (hat, sunglasses, sunscreen). Reapply sunscreen every 2 hours.
- Treated areas will darken & look worse while healing.
- Crusting/scabbing may occur and last up to 7 days or longer. Apply ointment (Aquaphor, Bacitracin or Vanicream Ointment) until crusting/scabbing falls off.
- Allow crusting/scabbing to come off naturally. Do not try to remove. **NO RUBBING, PICKING OR WIPING THE TREATMENT AREA.**
- Gentle cleansing is fine unless instructed otherwise by your Physician.
- You can wear make-up (unless instructed not to by your Physician) if you are not rubbing, picking, or wiping off the skin surface when applying or removing make-up.
- It is important that you schedule follow-up appointments as instructed by your Physician.
- Multiple treatments may be necessary to achieve desired results.
- Follow any additional specific post treatment instructions from your Physician.

Please contact our office if you have any questions or concerns at (858)657-1002.

Additional notes/instructions:

Physician: _____ Assistant: _____ Date: _____