

# PHOENIX

TATTOO REMOVAL



SKIN REVITALIZATION

## PICOSURE SKIN REVITALIZATION PRE-TREATMENT AND POST-TREATMENT INSTRUCTIONS

Patient Name: \_\_\_\_\_ Date: \_\_\_\_\_

### Precautions to take BEFORE your laser skin revitalization treatment:

- No sun exposure, tanning beds and sunless tanning creams, 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 a SPF of 50 or higher. It is recommended to make this a part of your skin care routine.
- No antibiotics or/need to be off any antibiotics for at least 3 days.
- Must be off Accutane at least 6 months.
- No Botox or fillers of any kind for at least 14 days prior to treatment.
- No topical Retin-A or topical acne creams/ointments 3 days prior to treatment.
- Remove all makeup, creams, or oils prior to treatment.
- Avoid sun exposure to the treated area. Use 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.
- 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 moisturizer to the face area 2-3 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 (Tylenol.)
- 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.
- Please call or text Angie for any concerns you may have at 602-620-9792.

Patient Signature: \_\_\_\_\_ Date: \_\_\_\_\_

(Or Legal Guardian)