



## Pre & Post Care for PICO Genesis

**IMPORTANT- USE OF ANTIBIOTICS** - Before each treatment, please inform us if you are taking any new antibiotics or medications as they may make your skin photosensitive and likely to burn or blister. If this is the case, we may not be able to treat you for one to two weeks after completion of the medication.

### Before your treatment:

- Do not wear makeup or lotions on the area to be treated on the day of treatment
- Excess hair may need to be shaved. Men should be cleanly shaved
- 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 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
- History of a histamine flare response may necessitate antihistamine dosage prior to treatment.

### After your treatment:

- Avoid sun exposure and use a broad spectrum (UVA/UVB) sunscreen to prevent further sun damage.
- Cold compresses or chilled gel packs may be applied post treatment.
- Bruising, redness, petechiae and swelling may occur and resolve with time.
- Treated pigment will turn darker (brown to black) 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.
- Avoid heat – hot tubs, saunas, etc. for 1-2 days.
- Avoid skin irritants (examples below) a few days post-treatment.
  - Products containing tretinoin, retinol, benzoyl peroxide, glycolic/salicylic acids, astringents, etc.
- Multiple treatments are required.
- Notify Rejuvenations Medical Spa of any concerns (blistering, excessive redness/swelling, localized rash with or without redness, itching, etc.)
- Consult with Rejuvenations Medical Spa about when to resume skin care regime.

### **Emergency Information**

Please contact Rejuvenations Medical Spa at 803-781-1201 during regular business hours if there are any questions or concerns with your treatment.

For after hours or weekend, if you are concerned about anything you consider significant (non-medical) about your treatment, please call 803-781-1201. When voice prompted, SELECT OPTION TWO to leave a voicemail for Amy Powers Estes, the Managing Owner. She will be notified with an automatic transcribed message and will contact you upon receipt.