



Preparing for PicoSure Laser Procedure

Preparing Instructions:

4 Weeks Before Treatment:

- Buy several bags of ice packs/frozen peas
- Buy Cetaphil or another gentle cleanser
- Stop use of Asprin, Advil and Aleve if possible. Tylenol is ok.
- Stop use of all **oral** Retinols ie Accutane (**SIX MONTHS PRIOR**)
- Avoid sun exposure 4 weeks prior to your treatment
- Stop medications that cause sun sensitivity like minocycline, doxycycline and tetracycline
- Stop waxing
- Stop abrasive scrubs and microdermabrasion treatments
- Call your doctor if you have a history of cold sores you may need a prescription prior to starting

Day of Treatment:

- **BE ON TIME** – You will need the full time for numbing and photos
- Eat a light meal 1-2 hours before your treatment – this prevents feeling jittery with the numbing cream
- Wear comfortable clothes
- Arrive with **NO** make-up or eye contacts