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PICOBRIGHT/PICOTONE POST TREATMENT INSTRUCTIONS

1. A mild sunburn-like sensation is expected. This usually lasts 1-2 hours but can persist up to 24 hours, individuals may vary. Mild swelling, tenderness and/or redness may accompany this.
2. Apply ice or gel packs to the treated area for 10-15 minute intervals every hour for the next few hours as needed.
3. Bathe or shower as usual. Treated areas may be temperature-sensitive. Cool showers or baths will offer relief. Avoid scrubbing, use of exfoliants (chemical and manual) scrub brushes and loofah sponges until the treatment area has returned to its pre-treatment condition.
4. The pigmented lesions may initially look raised and/or darker this is normal. They can gradually turn darker over the next 24-48 hours and will gradually lighten over time. Rarely would it progress to a scab or crusting phase, if this happens, please call us.
5. Do not pick, scratch or remove any scabs. Allow them to flake off on their own. Lesions are usually healed in 7-10 days. They will continue to fade over the next 6-8 weeks after treatment. Please keep all follow up appointments and do not hesitate to call our office if you have questions or concerns.
6. You may resume physical activity the day post treatment. Use a gentle cleanser to clean the skin post activity to avoid irritation to the skin.
7. Use and mineral based SPF of 30 or higher daily post treatment to avoid the possibility of post inflammatory hyperpigmentation.

Until the redness has completely resolved, avoid all of the following:

- Applying cosmetics to the treated area
- Swimming, especially in pools with chemicals, such as chlorine
- Ocean swimming and Hot Tubs/Jacuzzis
- Excessive perspiration or irritation to the treated area (first 24 hours)
- Sun exposure to the treated areas – to prevent skin color change.