



PICOSURE® PRO LASER TONING & ADVANCED PIGMENT REDUCTION AFTERCARE AND CONSENT FORM

Procedural Description

Unveil brighter, more even-toned skin with PicoSure® Pro Laser Toning—the gold standard in non-invasive pigment correction by Cynosure. This revolutionary picosecond laser uses PressureWave™ technology to target unwanted pigment, melasma, sun damage, and age spots with ultra-short bursts of energy that leave surrounding tissue unharmed.

Unlike traditional lasers, PicoSure® Pro stimulates collagen and elastin through a photomechanical effect, helping improve skin texture, tone, and resilience over time.

How It Works

PicoSure® Pro delivers energy in picoseconds at a 755nm wavelength, shattering unwanted pigment into tiny particles the body naturally eliminates via the lymphatic system. The device is uniquely equipped with:

- Flat Lens: Breaks down unwanted pigment, brightens tone, and improves clarity.
- Focus™ Lens Array: Stimulates collagen and elastin for improvements in fine lines, wrinkles, acne scarring, and pore size with minimal downtime.

Indications

This treatment is suitable for individuals seeking to:

- Reduce unwanted pigmentation such as sun damage, age spots, melasma, and freckles, while brightening and evening skin tone.
- Improve early signs of aging, including fine lines, wrinkles, and skin laxity.
- Smooth texture irregularities, including acne scars and enlarged pores, while stimulating collagen and elastin for long-term skin rejuvenation.

A series of 3-5 sessions is typically recommended, depending on the severity of pigmentation and individual skin response.

Common Side Effects:

- Redness or swelling, typically resolving within 24–72 hours
- Mild tenderness, tightness, or warmth
- Rare cases of temporary pigment changes or mild blistering
- Possible histamine response (itching or flushing) within the first 24 hours

Optional Relief: An over-the-counter antihistamine such as Zyrtec or Claritin may be taken the evening after treatment to minimize the histamine response, as recommended by the laser manufacturer.

Contraindications

Treatment is not recommended for those who:

- Are pregnant or breastfeeding
- Have active skin infections, open wounds, or herpes outbreaks in the treatment area
- Are currently on Accutane or have used it within the past 6 months
- Have a history of keloid scarring or poor wound healing
- Are on medications that increase photosensitivity or impair healing

A thorough consultation will be conducted to assess candidacy.

What to Expect During Treatment

- The sensation of the laser on the skin may feel like a slight pinprick or warmth.
- Some patients describe a mild snapping sensation during treatment due to the laser's energy pulses.
- You will feel the gentle touch of the laser distance gauge (part of the device) on the treated area.
- The sensation of heat may persist for an hour or longer after the procedure.
- Following the procedure, you may experience redness or slight swelling in the treated area, which may last up to 24 hours.
- Some individuals may develop an acne-like breakout or slight darkening of the pigment, which should resolve within 3-7 days.

Pre-Treatment Instructions

To prepare for your PicoSure® Pro Laser Treatment and ensure optimal results, it is essential to properly nourish and hydrate your skin leading up to your session:

- **Hydration:** Drink at least 8 glasses of water per day for a minimum of seven days prior to treatment to maintain optimal skin hydration.
- **Moisturization:** Apply a high-quality moisturizer morning and evening to keep the skin barrier strong and prevent excessive dryness.
- **Nourishing Serums:** Incorporate antioxidant-rich serums, such as Vitamin C, Vitamin E, and other skin-nourishing ingredients, to fortify the skin, promote healing, and protect against oxidative stress.
- **Avoid Exfoliants:** Discontinue the use of retinoids, acids (AHAs/BHAs), Benzoyl Peroxide or any aggressive exfoliating treatments one week before your session to avoid skin sensitivity. Avoid hydroquinone for 3 days before your treatment.
- **Sun Protection:** Avoid direct sun exposure and tanning beds for at least two weeks before treatment, and apply a broad-spectrum SPF 30+ sunscreen daily.

Properly preparing your skin ensures that it is in its healthiest state, allowing for better laser absorption, reducing potential side effects, and optimizing the overall effectiveness of the treatment.

Post-Treatment Instructions

- Nothing occlusive for the first 48 hours to avoid trapping heat in the skin.
- Discomfort may be relieved by cold gel packs. Cool the skin post-treatment as needed with cold gel packs, aloe vera gel, or cool air.
- For the first 48 hours keep it really simple, calming, and light with hydrating serums, think simple hyaluronic serums, Skincauticles photo-corrective gel, or Phyto-C Olive Gel
- Continue using nourishing serums such as Vitamin C after the first 48 hours, Vitamin E, or other antioxidant-rich formulations as directed before the treatment, or use a serum recommended by your provider to support skin recovery and optimize results.

- Use broad-spectrum physical sunscreen with an SPF of 30 or higher to protect the treated area from UV exposure. Physical sunscreens containing zinc oxide and titanium dioxide are recommended, as chemical sunscreens may cause irritation or burning on freshly treated skin.
- Wear a protective hat or visor for the first 4 weeks while outdoors.
- Avoid picking or scratching the treated area to prevent infection or scarring. Do not shave the treated area if crusting is evident.
- Refrain from using harsh skincare products until the skin has fully healed.
- Avoid dirty, dusty environments, gyms, dyes, hairsprays, and perfumes while the skin is healing.
- Avoid swimming, soaking, or using hot tubs/whirlpools until the skin heals.
- Avoid contact sports or any other activity that could cause injury to the treated area.

Adhering to these post-care instructions promotes optimal healing and results.

Financial Policy

I understand that all treatments performed are elective procedures and that Honey Skincare Studio does not offer refunds on services rendered. Results from laser treatments vary from person to person, and while every effort is made to achieve the best possible outcome, no guarantees are made regarding the effectiveness of the procedure.

By proceeding with treatment, I acknowledge that:

- I am financially responsible for the cost of my procedure.
- I understand that no refunds will be issued for dissatisfaction with results, as outcomes depend on individual skin responses and adherence to post-treatment care.
- Additional treatments may be required to achieve optimal results, which may incur additional costs.

Consent Acknowledgment

By signing below, I confirm that I have read and understood the information provided regarding the PicoSure® Pro Laser Treatment. I acknowledge the potential risks, side effects, and benefits of this procedure. I consent to proceed, understanding that results may vary and that no specific outcome can be guaranteed.

- **If I experience any unexpected problems or adverse reactions, I will contact Honey Skincare Studio immediately at (703) 589-9665.**

Liability Release: By signing below, I acknowledge that I have read and agree to the informed consent. I consent to this and all future PicoSure® Pro treatments under these terms. I release the provider, administering staff, and facility from liability associated with this procedure.

WRITTEN CONSENT

PRINTED NAME:

PATIENT SIGNATURE:

DATE:
