



Alexander Doan M.D.  
743 S. Winchester Blvd., Ste. 110  
San Jose, CA 95128

## **POST CARE Picosure Focus**

The main advice to note is to avoid sun exposure (including sun beds) for at least 4 weeks prior to treatment and 4 weeks after treatment. If it's not possible to avoid the sun then don't stay exposed for long periods and always use a sunscreen of a minimum SPF40 on exposed areas, and reapply sunscreen every 3 hours.

- Avoid hot baths/showers, saunas, swimming pools, creams, body lotions, perfumes and restrictive clothing for 48 hours after your treatment.
- During the first hour or two after treatment, your skin may feel sunburned, and it will appear slightly pink or red. You can wear powder make-up to reduce the sunburned appearance. The redness will quickly subside within 1 to 3 hours.
- Apply ice pack on and off the treated area for about an hour. Do not prolong the ice pack because this will cause injury to the skin.
- If you have any question, please call our office (408) 985-2900.