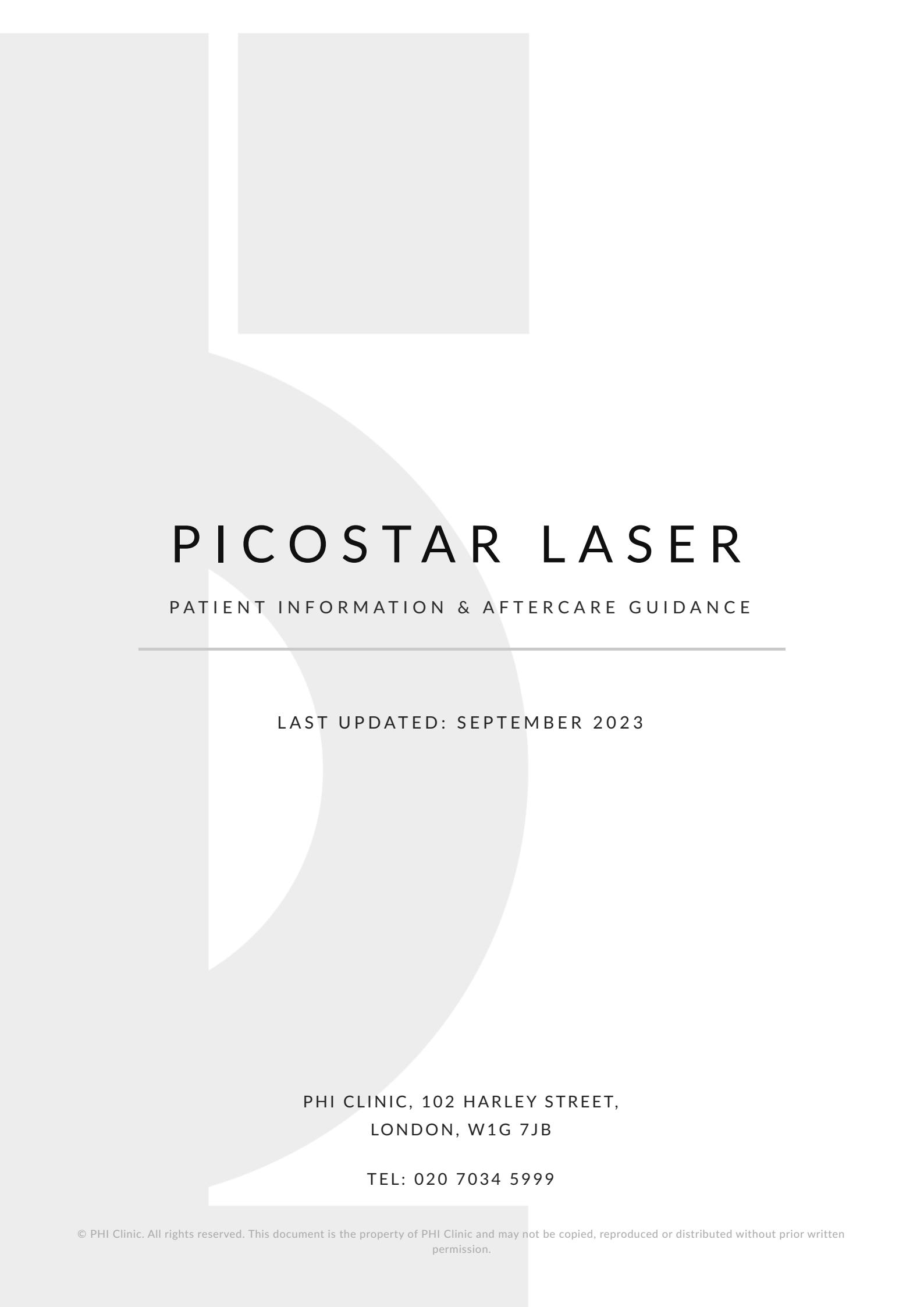




PICOSTAR LASER

PATIENT INFORMATION & AFTERCARE GUIDANCE

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PICOSTAR LASER INFORMATION

WHAT IS THE PICOSTAR LASER AND WHAT IS IT USED FOR?

PicoStar is a dual wavelength Nd:Yag laser which is used to target Pigmentation lesions within the skin to give a more even skin tone as well as promoting collagen remodelling for concerns such as scarring. The PicoStar is used to treat concerns such as benign Pigmentation lesions like sun spots, melasma and post inflammatory pigmentation on the face and body as well as promoting dermal remodelling to improve textural concerns such as stretch marks, scarring and lines and wrinkles. The PicoStar works for pigmentation by delivering an intense beam of light which is absorbed safely and effectively by the brown pigment in the damaged cells, which is then heated up and destroyed. For textural concerns the PicoStar heats the deep dermal layer of the skin to promote collagen remodelling to smoother and even out skin texture.

HOW OFTEN SHOULD I HAVE TREATMENT, AND HOW MANY WILL I NEED?

Pigmentation treatments are patient specific depending on the concern and the desired outcome. On average it has been found that 3-6 sessions are needed to see a significant improvement. These sessions should be spaced 4-6 weeks apart. Depending on the specific concern, the number of sessions may be increased or decreased depending on the desired result.

WHAT RESULTS CAN I EXPECT?

It is important to understand that while results are long-lasting, it cannot be guaranteed that results are permanent. Factors such as ageing, damage to the skin, hormonal changes or the development of a medical condition affecting the skin may impact the results achieved. We recommend 1-2 annual maintenance treatments following a course of treatment depending on individual concerns.

WHAT WILL I LOOK LIKE?

Initially the skin will remain pink and warm to touch for a couple of hours after treatment. If treating for pigmentation concerns, the pigment will have darkening in colour also. When treating for textural concerns some people can experience small pin point blood blisters to the area of treatment. While there is no severe downtime the skin can remain slightly red with some areas of minor swelling for 24-72 hours post treatment. Recommended aftercare advice will be given after each treatment to help to achieve the best results possible and to minimise complications. Ice rollers can also be purchased to provide post-treatment relief for effectively reducing redness and swelling when rolled over the treated area.

PRE-TREATMENT INFORMATION:

A patch test is required before starting any new laser treatment. The patch test is for your safety and must be performed 24-48 hours pre-treatment. Laser test patches are valid for 6 months once the skin has not been exposed to sun or medical conditions have not changed. If you have not had this laser treatment within the last 6 months, a new patch test is required before laser can commence.

Sun exposure to the area of treatment is a contraindication and so should be avoided 4 weeks prior to treatment. Fake tan is also contraindicated and should not be applied to the intended treatment area for 2 weeks pre-treatment. The use of retinol and other exfoliating products should be discontinued 3 days prior to treatment to avoid excessive irritation. Taking any anticoagulant medications can cause bruising to the treatment area and so delay the healing process. Please inform your clinician if you are taking any medications as some medication can make the skin more sensitive to light. Cold sores are a contraindication to treatment due to the risk of spreading the virus, if you have a cold sore and are scheduled for treatment please contact the clinic to postpone your treatment.

We ask that you remove all make up on arriving to the clinic as this must be removed before treatment can be carried out.

HOW MUCH WILL IT COST?

As each patient and their concern is individual and unique pricing of each treatment can only be established after a consultation to assess the area, size and severity of the concern however treatment starts from £500 per session. Package prices are often recommended when a concern will require multiple treatments. Package prices start from £1600 for a course of 4 sessions. Package price must be paid on the day of the first treatment and the amount per session will be deducted after each treatment. Should you choose not to proceed with the course, the money can be used towards other treatment in the clinic however it cannot be refunded.

NEED MORE INFORMATION?

Please call **0207 034 5999** or email **info@phiclinic.com** if you would like further details about your treatment, or to schedule for an appointment.

PICOSTAR AFTERCARE INFORMATION

Please follow the below recommended aftercare advice to achieve maximum results and to avoid complications:

Following treatment you will experience the following side effects for 24-72 hours. They will slowly start to reduce over the next 7 days:

- Skin will remain red or pink
- Pigmentation will appear darker and then slowly shed off
- Swelling to the treated area
- Pin Point Blood Blisters (for textural remodelling treatments)
- Tenderness or discomfort
- Heat or a sunburn like sensation
- A tightness or dry sensation

MEDICATIONS ADMINISTERED PRE OR DURING TREATMENT:

Routinely you will not have had medications administered to you pre or during this treatment. However in some situations a lidocaine 5% cream may be applied to the treatment area to aid comfort.

IMMEDIATELY POST TREATMENT:

On the day of treatment your practitioner will apply a healing cream and SPF30+ if in daylight hours. Following this it is advised to:

- Gently cleanse the skin that evening and apply a moisturising cream or ointment to encourage the healing process and reduce the itchy/dry sensation.
- Apply moisturiser as much as you desire for the next 24-72 hours. A product such as IsClinical Sheald Recovery Balm or Calcim Night Recovery is advised.
- Do not let the skin become dry – apply moisturisers as much as needed.
- Avoid excessively touching the treated area until healed.
- If the skin feels hot cool packs/ ice rollers can be applied but please ensure they are not directly from the freezer as this can damage the skin – wrap in a clean towel and then apply to the skin.
- Painkillers such a paracetamol can be taken if you wish to reduce any tenderness however please avoid aspirin or ibuprofen for the first 48 hours.

- Avoid strenuous activity and saunas or steams rooms for 48 hours minimum as this will further increase redness and swelling to the skin.
- Avoid exposure to the sun during the course of your laser treatment for the following reasons: Laser exposure increases photosensitivity. Tanned skin can increase the chance of burning during treatment
- If you should go out in the sun, a minimum of SPF30 is recommended and should be applied regularly to the treatment area.
- Avoid the use of perfumed or active skincare and products such as retinol, glycolic acid etc in the treated area for one week post treatment.
- Should you need to apply makeup after treatment, mineral based makeup is recommended although it is advised to leave the treated area free from make up for 24 hours post treatment.
- In the unlikely event that your redness or swelling is increasing or you develop an area of broken skin as a result of treatment, contact the clinic to let your practitioner know.
- Apply a healing product such as IsClinical Sheald or Calcem Night Recovery liberally to the area will aid healing of any areas of broken skin. Apply 3 times daily and avoid exposure to the sun.

Should you need any further advice, or would like to book in for your next session of treatment, please call **0207 034 5999**, Alternatively, you can email us at **info@phiclinic.com**