



Picofy: Post Care Instructions

To ensure optimal healing and results after your Picofy treatment, please follow these guidelines:

- Avoid exfoliating products and scrubs on the treated area for 1 week.
- Do not use skincare products containing retinol, retinoids, or alpha hydroxy acids (AHAs) for 48 hours.
- Refrain from saunas, hot tubs, and steam rooms for 3-5 days.
- Do not use products containing alcohol for at least 1 week. Instead, apply a gentle moisturizer and toner. You will receive a post-care kit—please use these products if you are unsure what is safe for 1 week post your procedure.
- Apply a broad-spectrum sunscreen (SPF 30 or higher) daily for at least 30 days following treatment. Consistent sun protection is essential.
- For redness or swelling, apply a cooling pack wrapped in a clean cloth or paper towel. Do not apply ice your skin directly and limit cooling to 10 minutes at a time.

If you experience unusual pain, blistering, or signs of infection, contact our office immediately.

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