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Pixel 2940nm Erbium Laser **INFORMATION & INSTRUCTIONS**

U Cosmetic uses the Pixel 2940nm Erbium laser on the Harmony platform for laser resurfacing and laser peel. Laser resurfacing is a great way to improve the skin's texture. Sun exposure, trauma, poor diet and alcohol can result in the loss of collagen and elastin during the skin's aging process. Imperfections such as scars from acne, trauma or surgery, stretch marks, enlarged pores, rough skin, hyperpigmentation (increased colour), fine lines and wrinkles can be improved with Pixel laser resurfacing! ***Although good results are expected, with the focus on improvement rather than perfection, every person is unique and it is impossible to guarantee. Some People exceed expectations and others can fall below expectations.***

Pixel creates thousands of tiny perforations in the skin, similar to the size of a pore. This process is called "fractional laser resurfacing." The skin around each of these perforations remains intact and the epidermis rapidly heals from the edge of these tiny holes. Client who undergoes a Pixel treatment may be red for **2 to 3 days or more**, (could be longer for deeper treatments). Mineral treatment cosmetics can be applied as early as the next day, so downtime is minimal. It must be repeated several times for optimal results because only a portion of the total skin surface is treated during each pass. Fractional laser resurfacing can be done on the neck and chest. The body requires a minimum of **3 to 4 months** to make the collagen.

Options include the **UltraPulse® Encore** CO₂ laser which provides deeper laser resurfacing for more results with a single treatment with more downtime and a slightly increased risk of side effects. Other alternatives that may give different effects include medical-grade skin care products, chemical peels, dermabrasion, surgery or not having the procedure.

Expected side effects of Pixel include **redness, burning sensation, tightness and flaking** of skin. These should resolve over **1-5 days**. Infrequent, **blistering, infection, bruising or discolouration** may occur and are usually temporary. Rarely, **burns, scarring and longlasting or permanent discolouration or markings** can occur. **Hypopigmentation** (loss of colour) has not yet been described with this laser.

Smoking or being exposed to second hand smoke can cause **poor tissue healing** and may be associated with an increased risk of **infection** and other complications.

Pixel treatments are **not recommended** if you are pregnant or breastfeeding, have active infection or a tattoo at the site, have a light sensitive disorder such as porphyria or light-triggered seizures. Certain medications such as thiazides (for high blood pressure), certain antibiotics

(such as tetracyclines, fluoroquinolones, griseofulvin or sulphonamides), sulfonyleureas (used to treat diabetes), phenothiazines (used to treat certain emotional problems or induce sleep), Accutane, Gold therapy, St John's Wort and Ginkgo Biloba may increase your risk of side effects because of increased sensitivity to light.

All of our treatments are enhanced by a proper skincare regimen, a good quality SPF product and by maintaining a healthy lifestyle. U Cosmetic has chosen a range of specific medical grade skincare products that complement all of our procedures and can prolong results.

Prior to treatment you should:

- avoid sun exposure, tanning bed or products for **4 weeks**.
- expect test patch treatment prior to a full treatment if you have darker or sensitive skin.
- start antiviral medication before your treatment if you have a history of cold sores.
- be off Accutane or Gold therapy for at least **6 months** prior to starting laser treatments.
- avoid skin care containing strong ingredients (Retin-A, glycolics....) for **3 to 7 days**.

After treatment you will/may/should:

- avoid sun exposure or tanning beds during the healing process. The skin is more sensitive after laser treatments. Use sunscreen/protection between treatments when the skin is healed.
- notice immediately some **redness** and **swelling** at the treatment site which can last for **48 hours** or more. The treated area will feel like you have a sunburn.
- notice by **day 2 to 3**, red areas will begin to look bronzed.
- apply cold packs or topical anesthetic cream up to 4 times a day usually just for the first day after treatment **for any burning sensation**.
- Apply a thin layer of antibiotic ointment for the first 2-4 days until the skin has healed then use a gentle moisture cream such as a regenerating cream (available at U Cosmetic) until skin sensitivity returns to normal (approximately 1-2 weeks) and/or you may use a moisturizer with sunscreen (available at U Cosmetic) when going out doors.
- apply hydrocortisone cream (0.5% or 1% - the latter requires a prescription) twice a day for one week to reduce redness starting after day 2. Longer use may thin the skin.
- use mineral makeup 1 to 2 days after the treatment.
- wash with a gentle cleanser (available at U Cosmetic) using tepid water with clean face clothes or fingertips with gentle rubbing and pat dry. Alternatively, wash with a vinegar and water mixture to enhance exfoliation (1 tablespoon of vinegar in 500mL of water).
- notice by **day 3**, your skin will start to flake. Apply moisturizer and mineral treatment cosmetics as needed. **DO NOT** pick at your skin, this may cause infection or scarring.
- avoid AHAs, glycolic acids, Vitamin C, retinoids, etc. until the skin is healed.
- contact the clinic if you have questions about your treatment. We are here to help you and want your experience to be a pleasant one.

You will start to enjoy your new complexion within a few weeks of your treatment and improvement will be ongoing as your body makes collagen over the next 3 to 4 months!

For best results, at least 3 to 6 treatments with Pixel scheduled 4 weeks apart are recommended.

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