## Picosecond Nd:YAG Laser

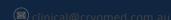


Pigmented Lesion Treatment
Tattoo Removal
Subcision Replacement
Skin Rejuvenation

1064nm · 532nm · 595nm · 660nm · HEXAMLA



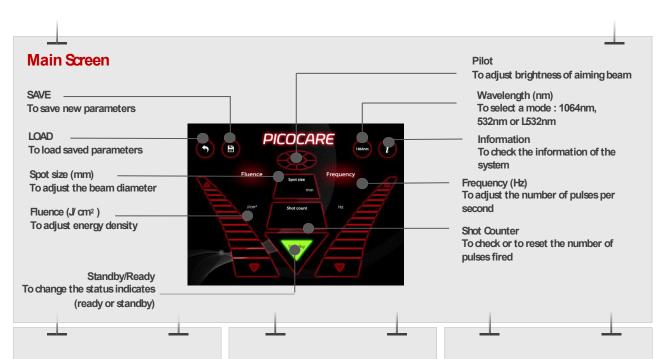








① QRG-PICOCARE -2022.06



### To load saved parameters



Press "Load" button





Select the relevant tab and the parameters and then press " "

### To save parameters



Adjust parameters using "+" and "-" buttons



Input the name of the parameters, select the relevant tab and and then press "Enter" button

## To replace handpiece





Disconnect the cable from the upper silver part, and then separate the screw part from the handpiece







Connect the cable to the upper silver part, and then connect the screw part to the handpiece

#### Pre-Treatment Care

- The patient should not tan the skin for at least 4 weeks prior to treatment.
- Cleansing the skin including make-up removal should be performed prior to treatment.
- · Applying topical anesthetic cream can reduce patient discomfort. If applied, the cream must be completely removed prior to laser irradiation.

#### Treatment Technique

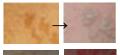
- The handpiece should always be kept perpendicular to the skin. It is advisable to use a 10-20% overlap.
- Treatment technique can be determined by frequency;
  - 1-3hz : stamp technique
  - 3-5hz: fast stamp technique \*distance between handpiece and the skin is about 1-2cm
  - 8-10hz : moving technique \*distance between handpiece and the skin is about 2-3cm
  - With stamp technique, Staking pulses must NOT be done when using 532nm.



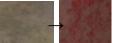
Moving technique: In Zig-zag or/and

#### **During Treatment**

- Eye protection must be worn (eye shields for the patient, goggles for the operator).
- Starting with low fluence is recommended for initial treatment
- A test pulse should be administered on an inconspicuous site prior to treatment in order to find the appropriate energy value.
- Observe patient skin and endpoints (erythema, redness)
- If intensive frosting(whitening) is observed or there is no skin reaction at all, change the fluence by 0.1-0.2J/cm2 at a time. It is advisable to carefully observe Laser Tissue Interaction(LTI) during laser irradiation. For dark skin types, lower fluence should be used.
- For a larger lesion, it is important to overlap only up to 20% of one pulse to another.



Epidermal endpoint



Dermal endpoint

### Post-Treatment Care \_ Epidermal Pigmented Lesions, Dermal Pigmented Lesions, Tattoos

- It is suggested to apply icepack to cool down the treated area.
- · For treatment of epidermal pigmented lesions,
- Erythema or/and edema in the treated area are common post to treatment and resolve with time. If those symptoms persists for more than 3days, antiinflammatory medicine or dexamethasone should be prescribed.
- Antibiotic cream and hydroquinone are suggested post to treatment.
- For treatment of dermal pigmented lesions and tattoos,
- Erythema, edema, bruising or/and peteciae in the treated area are common post to treatment and resolve with time. If those symptoms persists for more than 3days, anti-inflammatory medicine or dexamethasone should be prescribed.
- If a blister develops, wound care must be provided.
- Dressing the treated area is recommended with antibiotic cream and non-stick type of bandage (or sterile gauze) for the first 3days.
- The color of the treated pigment will turn out to darker within 1-3days and take off within 5-7 days(face) or 10-14days(body). In the meantime,
- the patient should not intentionally take it off or rub the skin.
- The patient is suggested to avoid excessive heat such as sauna, hot bath and vigorous exercise for about 7 days.
- The patient is also suggested to avoid sun exposure, apply sunblock with SPF 30 or higher, and use non-irritants or hypoallergenic cosmetics.
- 3-5 or more treatments are recommended.

#### Post-Treatment Care PICO toning

- · Cooling and calming care is not typically required immediately after treatment.
- Itchiness may appear post to treatment and resolve naturally within 1-2 days.
- The patient is also suggested to avoid excessive heat such as sauna, hot bath and vigorous exercise for about 7 days.
- The patient is suggested to frequently apply moisturizer, regenerating cream or/and sunblock with SPF 30 or higher.
- Treatment intervals are every 2 weeks.
- 5 or more treatments are recommended.

#### Post-Treatment Care HEXA MLA

- · Cooling and calming care (except for Vitamin C application) is recommended immediately after treatment.
- · Itchiness may appear post to treatment and resolve naturally within 1-2 days. If itchiness persists more than 3 days, antihistamine should be prescribed.
- Erythema, edema, bruising or/and peteciae in the treated area are common post to treatment for up to 2days and resolve with time. If those symptoms persists for more than 3days, anti-inflammatory medicine or dexamethasone should be prescribed.
- If a blister develops, wound care must be provided.
- The color of the treated pigment will turn out to darker within 1-3days and take off within 5-7 days(face) or 10-14days(body). In the meantime, the patient should not intentionally take it off or rub the skin.
- · The patient is suggested to avoid excessive heat such as sauna, hot bath and vigorous exercise for about 7 days.
- The patient is also suggested to avoid sun exposure, apply sunblock with SPF 30 or higher, and use non-irritants or hypoallergenic cosmetics.
- 3 or more treatments are recommended.

## Epidermal Pigmented Lesions

\*Applying topical anesthetic cream can reduce patient discomfort. If applied, the cream must be completely removed prior to laser irradiation.

Lesion	Skin Type	Handpiece	Mode (nm)	Spot Size (mm)	Fluence (J/cm²)	Frequency (hz)	Pass (pulse)	Endpoints	Time Interval
Light	І - П	Zoom	532	3-5	0.4-1.0	1-3	1 pass	Brisk frosting, pigment darkening	4-6weeks
Brown Spot Freckles	ш-іv	Zoom	532	3-5	0.3-0.6	1—3	1 pass	Brisk frosting, pigment darkening	4-6weeks
Lentigines Seb K	Ш-ІV	Zoom	1064	3-4	1.3-1.7	3-5	stacking 8-10pulses	Mild to moderate Petechiae	4-6weeks
	V - VI	Zoom	1064	3-5	0.8-1.5	3-5	stacking 8-10pulses	Mild to moderate Petechiae	4-6weeks
Lentigines (Body)	I - IV	Zoom	1064	3-4	3.0-4.0	1-3	stacking 1-2 pulses	Mild to moderate Petechiae	4-6weeks
Dark Brown	І - П	Zoom	532	3-5	0.6-1.0	1-3	1 pass	Brisk frosting, pigment darkening	4-6weeks
Spot  Age Spot  Seborrheic	III - IV	Zoom	532	3-5	0.6-0.8	1-3	1 pass	Brisk frosting, pigment darkening	4-6weeks
Keratosis  Café-Au-	Ш-ІV	Zoom	1064	3-4	3.0-4.0	1-3	stacking 1-2pulses	Mild to moderate Petechiae	4-6weeks
Lait	V - VI	Zoom	1064	3-5	1.5-2.5	1-3	stacking 1-2pulses	Mild to moderate Petechiae	4-6weeks
Café-Au- Lait	Ι - Ш	MLA	1064	10	0.4-0.8	1-3	3passes	Moderate Petechiae	4-6weeks
CMN (Congenital Melanocytic Nevus)	Ι - Ш	MLA	532	5	0.5	1-3	3-5passes	Moderate Petechiae	4-6weeks
Mixed	I-III	1 <sup>st</sup> pass Spot Zoom	1064	3-4	2.1	5-10	3-10	Mild Erythema	4-6 weeks
Pigment	I-III	2 <sup>nd</sup> pass Full face Zoom	1064	10	0.8	10	1500-2000	Mild Erythema	T-U WEEKS

clinical@cryomed.com.au

cryomed.com.au

<sup>(</sup>L) 1300 346 448 (L) QRG-PICOCARE -2022.06

## **Dermal Pigmented Lesions**

\*Applying topical anesthetic cream can reduce patient discomfort. If applied, the cream must be completely removed prior to laser irradiation.

Lesion	Skin Type	Handpiece	Mode (nm)	Spot Size (mm)	Fluence (J/cm²)	Frequency (hz)	Pass (pulse)	Endpoints	Time Interval
	І - П	Zoom	1064	4-5	1.8-4.0	1-3	1 pass	Greying frosting- pigment darkening	6-8weeks
ABNOM	ш-г	Zoom	1064	3-4	1.8-3.5	1-3	1 pass	Greying frosting- pigment darkening	6-8weeks
	V - VI	Zoom	1064	4-5	1.0-2.0	1-3	1 pass	Greying frosting- pigment darkening	6-8weeks
	Ι - Π	Zoom	1064	4-5	2.0-5.0	1-3	1 pass	Greying frosting- pigment darkening	6-8weeks
Ota Nevus	ш-г	Zoom	1064	3-5	2.0-4.5	1-3	1 pass	Greying frosting- pigment darkening	6-8weeks
	V - VI	Zoom	1064	4-5	1.3-3.5	1-3	1 pass	Greying frosting- pigment darkening	6-8weeks
	Ι - Π	Zoom	1064	7-6	0.8-1.5	8-10	3passes	Mild erythema	2weeks
PIH	Ⅲ-IV	Zoom	1064	7	0.8-1.2	8-10	3passes	Mild erythema	2weeks
	V - VI	Zoom	1064	7	0.6-1.0	8-10	3passes	Mild erythema	2weeks

## Melasma

Lesion	Skin Type	Handpiece	Mode (nm)	Spot Size (mm)	Fluence (J/cm²)	Frequency (hz)	Pass (pulse)	Endpoints	Time Interval
Moderate	Ι - Π	Zoom	1064	7-10	0.6-0.8	8-10	2-3passes up to 2500 pulses	None to mild erythema	2weeks
to Severe Melasma	ш-гу	Zoom	1064	7-10	0.5-0.6	8-10	2-3passes up to 2000 pulses	None to mild erythema	2weeks
	V - VI	Zoom	1064	7-10	0.4-0.6	8-10	2-3passes up to 2000 pulses	None to mild erythema	2weeks
Malaanaa	Ι - Ш	Step 1. MLA	532	6-8	0.1	3-5	1-2passes	Mod erythema	2-4weeks
Melasma Mixed	Ι - Ⅲ	Step 2. MLA	1064	7-10	0.2-0.3	8-10	1-2passes	Mod erythema	2-4weeks

## PICO Toning & MLA Toning

\*Applying topical anesthetic cream before MLA toning can reduce patient discomfort. Aim for 1500-2000 shots per pass.

Lesion	Skin Type	Handpiece	Mode (nm)	Spot Size (mm)	Fluence (J/cm²)	Frequency (hz)	Pass (pulse)	Endpoints	Time Interval
PICO TONING	І - П	Zoom	1064	7-10	0.7-0.9	8-10	3-5passes	None to mild erythema	1-2weeks
General Rejuvenation	Ш-ІV	Zoom	1064	7-10	0.6-0.8	8-10	3-5passes	None to mild erythema	1-2weeks
	V - VI	Zoom	1064	7-10	0.5-0.6	8-10	3-5passes	None to mild erythema	1-2weeks
MLA TONING Intense Rejuvenation	I - VI	MLA	1064	7-10	0.2 – 0.5	8 – 10	3-5passes	Mild petechaie	2weeks
MLA TONING*	Ι - Ш	Step 1. MLA	532	6-8	0.1 – 0.2	5-8	1-2passes	Mild to moderate petechaie	2weeks
Mixed Pigment	I - III	Step 2. MLA	1064	7-10	0.3 – 0.5	8 – 10	2-3passes	Mild to moderate petechaie	2weeks

- For combination treatments the number of pulses should be halved and endpoint carefully assessed not to overtreat.
- Consider cooling between passes for aggressive treatment and using cooling mask and LED post treatment

## Scar Treatment & Skin Rejuvenation

\*Applying topical anesthetic cream can reduce patient discomfort. If applied, the cream must be completely removed prior to laser irradiation.

Lesion	Skin Type	Handpiece	Mode (nm)	Spot Size (mm)	Fluence (J/cm²)	Frequency (hz)	Pass (pulse)	Endpoints	Time Interval
Acne Scar	I - VI	MLA	1064	3-5	2.0-4.0	1-3	Stacking 5- 10 pulses	Severe Petechiae	4-6weeks
Atrophic Scars	I - VI	MLA	1064	4-5	1.5-2.5	3-5	5-6passes	Moderate to Severe Petechiae	4-6weeks
Pores Wrinkles	I - VI	MLA	1064	6-8	1.0-1.5	1-3	1-2passes	Moderate petechiae	2weeks
Stretch Marks	I - VI	MLA	1064	6-7	1.6-2.1	10	2-3passes	Moderate petechiae	4 weeks
Post Surgical	I - VI	MLA	1064	10	0.8	10	5passes	Mild to Moderate petechiae	4 weeks

### Catwalk Ready

\*Use plume mask and smoke evacuator. Skin Types I-IV. Aim for 1500-2000 shots per pass.

Lesion	Steps	Handpiece	Mode (nm)	Spot Size (mm)	Fluence (J/cm²)	Frequency (hz)	Pass (pulse)	Endpoints	Time Interval	
	Step 1	Collimated	1064	7	0.2-0.8	10	3-5passes	None to mild erythema	1-2weeks	
Soft Peel Open pores	Step 2	Apply 1-3 pumps carbon lotion into skin and let dry for 10 mins. Even out with dry gauze to ensure even distribution of carbon, buff excess to allow deeper penetration of the laser energy into the pores vs effect on the stratum corneum.								
	Step 3	Collimated	1064	7	0.2-0.8	10	2-3passes	None to mild erythema	1-2weeks	

#### Pre-Treatment Care Catwalk Ready

- The patient should not tan the skin for at least 4 weeks prior to treatment.
- Cleansing the skin including make-up removal should be performed prior to

#### **During Treatment**

- Eye protection must be worn (eye shields for the patient, goggles for the operator).
- The procedure is performed using a moving technique while maintaining the distance between the handpiece and the skin at 2-3cm.
- Test shots should be done prior to treatment and it is advisable to carefully observe WARNING Laser Tissue Interaction(LTI) during treatment.
  - It is advisable to use a 10~20% overlap
- The common endpoints are almost none to mild erythema or/and edema.
- For the patient with darker skin types, thinner skin, the number of passes(or shots) should be fewer.

#### Post Treatment Care Catwalk Ready

- Cooling and calming care is not typically required immediately after treatment.
- Itchiness may appear post to treatment and resolve naturally within 1-2 days.
- The patient is also suggested to avoid excessive heat such as sauna, hot bath and vigorous exercise for about 7 days.
- The patient is suggested to frequently apply moisturizer, regenerating cream or/and sunblock with SPF 30 or higher.
  - Treatment intervals are every 2 weeks.

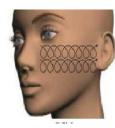
- Cryomed Australia advises that all users of Carbon Cream "Soft Peel" being used for carbon laser facials (better known as China Doll treatments or Carbon Peel) and la ser being used in conjunction on any other part of the body should only be used with proper smoke evacuation equipment that vacuum away the plume.
- The laser operator and any assisting persons in the room should wear approved laser facial masks at all times.
- Lenses on the handpiece MUST be cleaned thoroughly after use.

#### Renew Protocol for Scars

\*Skin Types I-III. Aim for 1500-2000 shots per pass.

Lesion	Steps	Handpiece	Mode (nm)	Spot Size (mm)	Fluence (J/cm²)	Frequency (hz)	Pass (pulse)	Endpoints	Time Interval
Renew Treatment Acne Scars	Step 1	Zoom	1064	10	0.6-0.8	10	3-5passes	None to mild erythema	1-2weeks
	Step 2	MLA Spot Scars	1064	3-4	3.0-3.5	2	3-10 shots stacked on scar	None to mild erythema	
	Step 3	MLA Full Face	1064	10	0.2-0.3	10	2-3passes	None to mild erythema	





#### MLA TREATMENT FOR SKIN REJUVENATION

- Divide three sections as shown in figure 1
- Move In a spiral pattern as shown in figure 2
- For step 2, a patient having scars on face treats selectively
- Petechia can be expected when doing step 2
- Observe endpoint such as redness, edema
- Excessive overlap can be caused hyperpigmentation or hypopigmentation



(m) cryomed.com.au

1300 346 448

① QRG-PICOCARE -2022.06



### Prism Protocol for Ageing

\*Skin Types I-III. Aim for 1500-2000 shots per pass.

Lesion	Steps	Handpiece	Mode (nm)	Spot Size (mm)	Fluence (J/cm²)	Frequency (hz)	Pæs (pulse)	Endpoints	Time Interval
	Step 1	Zoom Full Face	1064	10	0.6-0.8	10	3-5passes	None to mild erythema	
Prism Treatment	Step 2	Zoom Spot Pigment	532	3-4	0.3-0.4	1-2	1-2 shots	None to mild erythema	1-2weeks
Ageing	Step 3	MLA. Spot Tx Lines	1064	3-4	3.0-3.5	1-2	3-10 shots stacked	None to mild erythema	
	Step 4	MLA Full Face	1064	10	0.2-0.3	10	2-3passes	None to mild erythema	

### Radiate Protocol for Sun Damage

\*Skin Types I-III. Aim for 1500-2000 shots per pass.

Lesion	Steps	Handpiece	Mode (nm)	Spot Size (mm)	Fluence (J/cm²)	Frequency (hz)	Pass (pulse)	Endpoints	Time Interval
Radiate Treatment Sun Damage	Step 1	Zoom	1064	8-10	0.6-0.8	8-10	2-5passes	None to mild erythema	1-2weeks
	Step 2	MLA Spot Lines	1064	7	1.0	2	Trace	None to mild erythema	
	Step 3	MLA Full Face	1064	10	0.2-0.3	10	2-3passes	None to mild erythema	
	Step 4	MLA Full Face	532	7	0.1-0.2	10	1-2	Mod erythema	

#### Pre-Treatment Care Prism, Radiate, Renew

- The patient should not tan the skin for at least 4 weeks prior to treatment.
   Cleansing the skin including make-up removal should be performed prior to
- Cleansing the skin including make-up removal should be performed prior to treatment.
- Applying topical anesthetic cream can reduce patient discomfort. If applied, the cream must be completely removed prior to laser irradiation.

#### **During Treatment**

- Eye protection must be worn (eye shields for the patient, goggles for the operator).
- The procedure is performed using a moving technique while maintaining the distance between the handpiece and the skin at 2-3cm.
- Test shots should be done prior to treatment and it is advisable to carefully observe Laser Tissue Interaction(LTI) during treatment.
- For MLA scar treatments, stacking 7-10 pulses is performed.
- For MLA pore, 1-2passes are administered with a 10~20% overlap.
- For MLA toning, the procedure is performed for 1-2000 shots using a moving technique while maintaining the distance between the handpiece and the skin at 2-3cm.
- The common endpoints are mild to moderate petechiae, erythema and edema.
- For the patient with darker skin types, thinner skin or melasma, the number of passes(or shots) should be fewer.

#### Post Treatment Care

- Cooling and calming care (except for Vitamin Capplication) is recommended immediately after treatment.
- Itchiness may appear post to treatment and resolve naturally within 1-2 days. If itchiness persists more than 3 days, antihistamine should be prescribed.
- Finish treatment with ⅢT, ⅢD
- Erythema, edema and petechiae in the treated area are common post to treatment and resolve with time. If those symptoms persists for more than 3days, anti- inflammatory medicine or dexamethasone should be prescribed.
- · If a blister develops, wound care must be provided.
- Scabs will form within 1-3 days and they fall off within 5-7 days. In the meantime, the patient should not intentionally take them off or rub the skin.
- The patient is also suggested to avoid excessive heat such as sauna, hot bath and vigorous exercise for about 7 days.
- The patient is suggested to frequently apply moisturizer, regenerating cream or/and sunblock with SPF 30 or higher.
- Antibiotic cream and hydroquinone are suggested post to treatment.
- Treatment intervals are every 2 weeks. \*For MLA scars, every 4 weeks.

### **Tattoos**

\*Applying topical anesthetic cream can reduce patient discomfort. If applied, the cream must be completely removed prior to laser irradiation.

Lesion	Skin Type	Handpiece	Mode (nm)	Spot Size (mm)	Fluence (J/cm²)	Frequency (hz)	Pæs (pulse)	Endpoints	Time Interval
Cosmetic Tattoos	І - П	Zoom	1064	3-4	1.5-3.0	1-3	1pass	Brisk frosting	6-8 weeks
Eyebrow Eyeliner Black	Ш-IV	Zoom	1064	3-4	1.0-2.5	1-3	1pass	Brisk frosting	6-8 weeks
Brown  * Intraocular shields required	V - VI	Zoom	1064	3-4	0.5-2.0	1-3	1pass	Brisk frosting	6-8 weeks
Red Yellow	I - IV	Zoom	532	3-4	0.3-0.7	1-3	1pass	Brisk frosting	6-8 weeks
Blue Purple	I - IV	Dye	595	3	0.8-1.5	1	1pass	Brisk frosting	6-8 weeks
Green	I - IV	Dye	660	3	0.8-1.5	1	1pass	Brisk frosting	6-8 weeks
	Ι - Π	Zoom	1064	10	1.5-2.5	1-3	1pass	Brisk frosting	6-8 weeks
Tattoos Body	ш-гV	Zoom	1064	10	1.0-2.0	1-3	1pass	Brisk frosting	6-8 weeks
	V - VI	Zoom	1064	10	0.5-1.5	1-3	1pass	Brisk frosting	6-8 weeks

### Other Lesions

Lesion	Skin Type	Handpiece	Mode (nm)	Spot Size (mm)	Fluence (J/cm²)	Frequency (hz)	Pass (pulse)	Endpoints	Time Interval
Rosacea	I - III	Dye	595	3	0.5-0.9	1	1-2passes	Erythema, edema	4-6weeks
Active Acne	Ι - Ⅲ	Dye	660	3	0.5-0.9	1	1-2passes	Erythema, edema	4-6weeks
Onychomyco sis	I - VI	Zoom	1064	7	2.0	3-5	4-5passes	Erythema, edema	4weeks
Melanochaie	I - VI	Zoom	1064	6	2.0	3-5	4-5passes	Erythema, edema	4weeks