What Are Pico Laser Combination Treatments?

Pico laser is a popular option in aesthetic medicine, known for delivering ultra-short bursts of laser energy that target pigmentation, stimulate collagen, and improve overall skin clarity. If you're looking to address concerns like acne scars, uneven tone, or sun damage, you may already be familiar with its benefits.

At **Sozo Aesthetic Clinic**, we believe that personalised care is a cornerstone of treatment planning. That's where **Pico laser combination treatments** come in — a tailored approach that pairs Pico laser with other clinically proven therapies to achieve more comprehensive results. (*[Anchor text link to homepage]*)

In aesthetic practice, a **"combination treatment"** means using two or more therapies together, often during a treatment plan or session, to address different layers of skin concerns. While Pico laser works well on its own, it primarily targets pigmentation and texture. But many skin issues — such as scarring, ageing, or melasma — involve multiple layers of skin or biological processes. By combining treatments, you can target both the surface and deeper tissue, often leading to more balanced and natural-looking improvements.

A 2023 review in *CosmoDerma* supports this approach, stating that combination therapies tend to be more effective for complex skin concerns like acne scars and post-inflammatory hyperpigmentation (PIH), offering a more holistic improvement than monotherapy alone (source).

Why Combine Treatments?

Skin concerns like pigmentation, texture irregularities, acne scars, and signs of ageing rarely occur in isolation. More often than not, they appear together, making it challenging to resolve everything with a single treatment. That's where combination therapy offers a significant advantage — by addressing multiple dimensions of skin health at once.

A **layered approach** allows for targeted improvement at various skin depths. For example, Pico laser helps break down pigmentation and refine skin texture, but deeper issues like rolling acne scars may also require subcision to release tethered skin or microneedling to stimulate deeper collagen remodelling. By using treatments that complement each other, you're not only treating the surface but also promoting structural repair beneath it.

Consider acne scars: they often involve both surface discolouration and textural depressions. Pico laser improves pigmentation and general tone, but pairing it with **subcision or**

microneedling can address the depth and structure of the scar. This multi-pronged strategy is what makes combination treatments so effective.

Here's a quick look at how pairing Pico laser with complementary treatments can address different skin concerns:

Concern	Pico Laser	Complementary Treatment
Acne Scars	Improves texture & pigment	Subcision, Microneedling
Pigmentation	Breaks down melanin	Topicals like TXA or Hydroquinone
Photoaging	Enhances skin tone & clarity	RF, Fractional Laser for tightening
Tattoos	Breaks down dark ink particles	PFD Patch, Multi-wavelength Lasers

Popular Combination Treatments

When it comes to achieving more refined and lasting aesthetic results, certain **Pico laser combinations** have become well-established in clinical practice. These pairings are chosen based on how well the treatments complement each other in addressing specific concerns, from pigmentation to skin laxity.

Below is a summary of the most common combinations, broken down by indication:

For Acne Scars

Pico + Subcision
Combining Pico laser with subcision addresses both surface pigmentation and deeper textural issues associated with acne scars. Subcision works by releasing the fibrous bands that tether the skin, helping to lift depressed scars, while Pico laser improves pigment irregularities and stimulates collagen remodeling. This dual approach has demonstrated enhanced efficacy in treating **atrophic acne scars**.

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Pico + Microneedling
Microneedling creates controlled micro-injuries to stimulate collagen production, which complements Pico's pigment-smoothing effects. Together, they support long-term textural improvement and skin remodelling.

For Pigmentation or Melasma

Pico + Topical Agents

Pico laser helps shatter melanin deposits in the skin, but melasma often recurs without maintenance. Adding topical agents like **tranexamic acid (TXA)** or **hydroquinone**, under medical supervision, can help regulate pigment production and improve long-term control.

For Photoaging

Pico + RF or Fractional Laser

Photoaged skin typically shows both pigmentation and laxity. Pico laser improves tone and clarity, while **radiofrequency (RF)** or **fractional laser** treatments tighten the skin and boost collagen synthesis — offering a more complete rejuvenation strategy.

For Tattoo Removal

Pico + PFD Patch
The **perfluorodecalin (PFD) patch** can be applied during laser tattoo removal sessions to allow multiple passes in a single visit. This enhances ink clearance while minimising downtime and discomfort.

Pico + Mixed Wavelengths
Using multiple laser wavelengths allows practitioners to target different ink colours more effectively. Combining 532nm, 755nm, and 1064nm wavelengths with Pico laser provides a broader range of pigment removal capabilities, especially for multi-coloured tattoos.

Is It Safe to Combine Treatments?

Yes — when done under the guidance of a qualified medical professional, combining aesthetic treatments like Pico laser with other modalities is generally safe and well-tolerated. However, safety depends on careful planning, appropriate spacing between sessions, and choosing combinations that suit your specific skin type and concern.

A **doctor-led treatment plan** ensures that each modality complements the other without overstimulating the skin. For example, performing a laser treatment and microneedling too close together may increase the risk of irritation or post-inflammatory hyperpigmentation, particularly in individuals with darker skin tones.

Skin type — especially as classified by the **Fitzpatrick scale** — plays an important role in planning. Those with skin types IV–VI may be more prone to pigmentation changes, so practitioners often adjust laser settings or modify the treatment timeline to reduce risk.

It's also important to understand that **"more" is not always better**. Combining treatments does not mean stacking multiple procedures into one session without consideration. Some combinations (like Pico + subcision) may be done together, while others (like Pico + chemical peels) are usually spaced out to allow proper skin recovery.

In short, combination treatments are safe when thoughtfully selected — and **personalised care is key** to achieving results while minimising risk.

What Results to Expect

When carefully planned and executed, combination treatments can offer **greater improvement** than monotherapy alone. By targeting different layers of skin — from pigmentation on the surface to collagen loss in deeper tissue — you're more likely to see **balanced results** in tone, texture, and overall skin clarity.

In many cases, **fewer sessions are needed overall** when treatments are combined strategically. This is because each session works more efficiently by tackling multiple concerns at once, reducing the total duration of your treatment plan.

However, it's essential to maintain **realistic expectations**. Results will vary depending on:

- The severity and type of skin concern
- Your skin's response to treatment
- Consistency in following the recommended plan

Combination treatments are not a shortcut to overnight results — they're an investment in more comprehensive, long-term improvement. Most importantly, improvements tend to look more natural and harmonious when multiple aspects of a concern are addressed together.

Should You Combine in One Session?

Whether multiple treatments can be done in the same session depends on several factors, including your **skin type**, **treatment goals**, and how your skin typically responds to procedures.

In some cases, combining treatments within a single visit is not only possible but also efficient. For instance, **Pico laser and subcision** are often performed together for acne scars. Subcision addresses the tethered scars at a deeper level, while Pico laser enhances skin tone and texture

during the same session. When performed in tandem, they can provide synergistic benefits with manageable downtime.

However, not all pairings are suitable for back-to-back treatment. Procedures like **microneedling or chemical peels**, which also involve skin resurfacing or controlled injury, may need to be spaced a few weeks apart from Pico laser to avoid overstressing the skin barrier. This allows time for proper healing and reduces the risk of complications like irritation or post-inflammatory hyperpigmentation.

Ultimately, **timing and sequencing matter**. Your provider will determine the best approach based on:

- Your skin's tolerance and recovery time
- The intended depth and intensity of each treatment
- Your overall treatment timeline (e.g. prepping for an event)

Combination therapy is not about doing more at once — it's about doing what's right, at the right time, in the right order.

Final Thoughts

Pico laser combination treatments are not a one-size-fits-all solution. While they can offer powerful, multi-layered results, the most effective approach will always depend on **your individual skin type, concerns, and goals**.

The key to success lies in **personalised treatment planning**. Your provider will assess your skin holistically, from tone and texture to scarring and pigmentation, and recommend a tailored combination strategy that balances safety, efficacy, and downtime. Whether you're managing melasma, acne scars, or photoaging, layering complementary treatments can often deliver a more complete and natural-looking outcome.

Before starting, it's essential to have a **thorough consultation** with a medical professional who understands how to customise combinations based on your Fitzpatrick skin type, lifestyle, and tolerance for recovery.

To explore more about Pico laser and what it can do for your skin, visit our main **Pico Laser treatment page** for specific concerns like acne scars, melasma, and photoaging.