

PEARL FRACTIONATED LASER POST-TREATMENT INSTRUCTIONS AND PATIENT INFORMATION

DAY OF TREATMENT AND DURING THE FIRST 48 HOURS:

Skin will appear to have a sunburn with slight stinging and swelling, especially around the eyes. The swelling may be dramatic in the first 24 hours.

- Apply Aquaphor 2-3 times per day. Do not let the treated areas become dried out. Please use light strokes when applying the ointment- NO RUBBING.
- Use ice soaked gauze or frozen peas in a zip lock baggy to help reduce swelling. This may be repeated every 20 minutes (20 minutes on; 20 minutes off)
- Wash face with a sensitive skin cleanser, such as Cetaphil gentle cleanser. Pat area gently when drying. DO NOT RUB.
- Begin gentle vinegar soaks with a dilute solution. Mix 1 tbsp vinegar with 2 cups room temperature water to form a solution. Dip a washcloth or gauze into this vinegar solution and soak off any early crusting or scabs. DO NOT RUB OFF, JUST GENTLE SOAKING!
- Do not wash your hair as shampoo may burn and irritate your skin.
- No sun exposure; wear a hat. Do NOT apply sun block yet.
- Swelling may be reduced by sleeping with 2-3 pillows under your head to facilitate fluid draining.

DAY 2-5:

Skin may have intermittent swelling, especially around the eyes and some flaking will likely occur. A BRONZE coloration and brown "dots" on the skin are also normal at this point.

- Wash face 2 times per day with a sensitive skin cleanser, such as Cetaphil.
- Moisturize with the Aquaphor ointment.
- Avoid direct sun exposure, use a hat and apply a Broad Spectrum Sunscreen SPF30+ and free of fragrance and mineral chemicals.
- You may wash your hair with a gentle baby shampoo.

DAY 5 AND AFTER:

Bronze coloration and pinkish tone may last up to 2 weeks.

- Cleanse as usual.
- No acid toners for 3 weeks post treatment; as tolerated thereafter.
- Moisturize as normal. If using a product other than a product recommended by our office, please start slowly with your moisturizer. If any irritation occurs then go back to the Aquaphor for one additional week.
- Apply a Broad Spectrum Sunscreen SPF 30+ or equivalent sun block.
- Cover up may be applied 7-14 days after your procedure depending on the depth of the treatment.

NOTES:

Call our office if any excessive swelling, burning or blister forms

Remember, your skin begins to heal immediately after treatment and continues to improve over the next 3-4 months.

POST TREATMENT HYPERPIGMENTATION:

Darker-skinned individuals may have areas of increased pigmentation in the laser treated areas. If you notice that the treated area turns darker and brown in color, contact the office and speak with the staff regarding the instructions as to when to begin the bleaching cream. These darker areas always resolve and turn to normal color.

POST TREATMENT REDNESS:

Certain patients' redness will fade quickly and others will have a lingering post treatment redness. In some cases, traces of redness can be seen up to 4-6 months. The skin is continuing to turn over and stimulate new collagen. This leads to long-term itchy and scaly skin at times.

POST TREATMENT SUN EXPOSURE:

In the first two weeks, complete sun block with a wide brim hat and a SPF 30 sunscreen is necessary. In the next several years, sunscreen should be worn on a daily basis with a SPF factor of 20 or greater. Do not directly expose your treated area to intense sunlight without a hat in addition to the sunscreen. Normal sun exposure from day to day can be guarded with SPF 20 sunscreen.

POST TREATMENT EXERCISE:

Light exercise such as walking or stationary bike may be started within the first week of recovery on a moderate basis. Complete return to normal exercise may begin after the first week, however, swimming is not permitted until after 2 weeks.

POST TREATMENT USE OF FACIAL PRODUCTS:

Some patients desire to use RetinA and/or alpha-hydroxy acids (glycolic) as regular anti-aging creams and lotions. Delay reusing these types of creams for 2-3 months to prevent skin irritation.