

## **PEARL FRACTIONATED LASER RESURFACING PRE-TREATMENT INSTRUCTIONS**

**PRE-PROCEDURE** – You should have received prescriptions, or purchased products, along with instructions for a skin lightening product, a Vitamin A cream, and antivirals. Use these as directed:

- 1.) RetinA cream .025% (prescription provided) OR Retinol may be purchased from our office. Apply at bedtime for at least 2-4 weeks before surgery.
- 2.) Skin lightener Hydroquinone 4% (prescription) OR Complex HQ may be purchased from our office. Apply 2 times a day for 2 weeks before surgery.
- 3.) Zovirax antiviral, as prescribed.
- 4.) Post-treatment pain medication usually involves taking extra strength Tylenol; however, if large areas have been treated, a stronger medication with a narcotic may be required. If you desire a stronger pain medication, please call the office.
- 5.) NOTE: No aspirin, non-steroidal anti-inflammatory drug, or other blood thinners should be taken from 2 weeks prior to surgery until 1 week after surgery. If you are taking any of these medications, please let us know immediately.
- 6.) Avoid direct and indirect sun exposure for 1 week prior to procedure and 2 weeks post procedure.

**PLEASE WEAR CLOTHING TO YOUR APPOINTMENT THAT WILL ALLOW FULL ACCESS TO YOUR ENTIRE FACE, NECK AND CHEST AREA.**

**GENERAL SKIN CARE** – The areas of the face that will undergo laser treatment are very sensitive and require special care.

**The following additional supplies are needed to care for your face in the first 2 to 14 days:**

- 1.) Sensitive Skin Cleanser such as Cetaphil
- 2.) Aquaphor
- 3.) Broad Spectrum Sunblock of SPF 30+ without perfumes or irritants
- 4.) White vinegar (for deeper laser treatments)
- 5.) Gauze pads/washcloth

**Follow the daily instructions per the Post-Op instruction sheets and be very gentle with your healing skin in the first 14 days.**