

Pearl / Pearl Fractional Care Instructions

Proper skin care, before and immediately after the laser treatment, can make a big difference as far as ultimate healing, as well as rapidity with which the skin recovers.

4 WEEKS BEFORE LASER TREATMENT:

- Avoid sun exposure
- Depending on your skin type, Dr. Levin may recommend that you start a skin care regimen that will improve the success of your laser and help prevent possible adverse reactions:
 - Retinoid at night
 - Hydroquinone in the morning
 - Sunblock SPF 30+ daily
 - Anti-oxidant serum daily

1 WEEK BEFORE TREATMENT:

- Stop using retinoid and hydroquinone creams. For PEARL FRACTIONAL avoid products that may increase the risk of bleeding (ASA, Motrin, Advil, Aleve, Fish oil, Vitamin E, Ginko).

ONE DAY BEFORE TREATMENT:

- Start taking the antibiotic & anti-viral medications

DAY OF LASER TREATMENT:

- Please bring a broad-rim hat to wear after procedure
- Arrange for a ride home if you are having a surgical procedure at the same time and/or if you are having PEARL FRACTIONAL laser on your entire face.
- Please arrive 45 minutes prior to your appointment to allow sufficient time for topical numbing cream and/or relaxation medication
- Please arrive in comfortable clothing and with no make-up and no skin care products on your face. Please do not wear mascara or contact lenses.

POST-TREATMENT CARE:

Vinegar soaks:

- Soak the treated skin with a plain white vinegar solution **every 2 hours** each day starting day of the procedure.
- You can't soak too much. Soaking *reduces redness and speeds healing!*

- Do not pick, rub, scrub or irritate your skin while it is healing.
- Apply Aquaphor or a product given to you by our office to treated areas after soaking. Re-apply frequently as needed to maintain a continuous layer on your skin – along with a gentle cleanser, this ointment is the **ONLY** product that should be used for the first 4-5 days.

How to Soak:

- Wash your hands prior to every soak. Minimize touching your treated skin as much as possible. Dip a clean, soft, wash cloth into vinegar solution and place the wet cloth against your skin, gently pressing to ensure the vinegar solution wets the skin. Rinse and repeat for 10 to 15 minutes.
 - Most of the Aquaphor should come off during the soak (do **NOT** rub).
- **Solution:**
 - **1 teaspoon of plain white vinegar to 2 cups of water.**
 - Solution may be mixed up ahead of time and kept in the refrigerator.
- Apply a layer of Aquaphor or plain Vaseline ointment to the treated area immediately after soaking. If the skin gets dry or scabbed, you need to soak more often.



DO NOT:

- Do not put ANY other creams, ointments or products of any kind on your face other than those instructed by your physician. The pre-treatment skin care regimen maybe re-started 1-2 weeks after treatment, as will be instructed at your first post-treatment visit.
- Do not let your skin come in contact with detergents, fabric softeners or dryer sheets. Fabrics that have been treated with these products may irritate your skin.
- Do not pick, rub, scrub or irritate your skin in any way while it is healing.
- Do not expose the treated area to the sun (even on cloudy days).
 - Remember, UVA passes through house and car windows.
 - UVA exposure can cause skin to darken.

What to Expect:

- The skin will usually start sloughing on day 3-4. Do not pick at it but allow skin to slough off on its own.
- Skin may be red for the first 3-5 days and then turn darker as the skin begins to slough (peel). Mild redness may be more pronounced and persist longer after PEARL FRACTIONAL laser.

- Swelling, especially after PEARL FRACTIONAL is common.
 - Sleeping on 2 pillows with your head elevated is helpful.
- It is normal for skin to feel “sunburned” and/or tight. Tylenol may be helpful.

General Instructions:

- It is OK to shower but do not let your shampoo or hair products get on your face.
 - Do a vinegar soak after the shower followed by Aquaphor or Vaseline.
- If you experience itching, an over the counter antihistamine such as Benedryl (diphenhydramine) may be helpful.
- Ibuprofen or acetaminophen may be used if needed.

After your skin peels:

- Make-up may be worn after the majority of treated skin has sloughed.
- Pre-treatment regimen can be re-started ~1-2 weeks after the procedure.
- It is **very important** to use sunscreen with a **SPF 30+** or greater at all times.
 - This helps prevent post inflammatory hyperpigmentation (darker areas).
- Please call the office at (203) 557-6464 if you experience intense pain, drainage, severe redness or fever, increased itching, the appearance of a cold sore, blister or a tingling sensation, or if at any time you feel that you are not healing normally.