



### POST-TREATMENT INSTRUCTIONS FOR PEARL LASER TREATMENT

- Apply plain Vaseline to treated areas 3-4 times a day or more if needed to maintain a continuous layer on your skin for the first 3-4 days. Be sure to thoroughly wash your hands prior to touching your face.
- **Do not put ANY other creams, ointments or products of any kind on your face until you are instructed it is ok to do so.**
- Do not pick, rub, scrub or irritate your skin in any way while healing.
- You can leave the Vaseline ointment on and soak the treated area with a clean soft cloth and the following solution: **1 teaspoon of plain white vinegar to 2 cups of water.** This solution may be mixed up ahead of time and kept in the refrigerator.
- Washing at least twice daily with a mild non-soap cleanser such as Cetaphil can be done in place of soaks.
- Apply a layer of Vaseline ointment to the treated area immediately after soaking. If the skin gets dry or scabbed you need to soak more often.
- Skin may be red for the first 3-5 days and then turn darker as the skin begins to peel.
- Swelling may also occur. Sleeping on 2 pillows with your head elevated is helpful.
- The skin will usually start sloughing on day 3 or 4. Do not pick at it but allow skin to slough off on its own.
- It is OK to shower but do not let the shampoo or hair products get on the face. Do a soak after the shower followed by Vaseline.
- It is normal for skin to feel “sunburned” and/or tight.
- Ibuprofen or acetaminophen may be used if needed.
- Do not expose your skin to the sun. Remember UVA light passes through the house and car windows.
- Make-up may be worn after the majority of skin has sloughed usually day 5 or 6.
- You can resume use of your regular cleanser/moisturizers **after** sloughing is complete.
- The use of sunscreen with a high SPF of 30 or greater is **very important** after sloughing to maintain results and help prevent post inflammatory hyperpigmentation (darker areas).
- An increased sensitivity or irritation to anything that comes in contact with your skin such as detergents, fabric softeners or dryer sheets in pillowcases, sheets and clothes may occur.
- If you experience itching, over the counter antihistamines such as Zyrtec during the day and Benadryl (diphenhydramine) at night may be helpful.
- Please alert our staff if you experience increased pain, drainage, severe redness or fever, increased itching, the appearance of a cold sore, blister or a similar tingling sensation, or if at any time you feel that you are not healing normally.
- Healing time may vary from patient to patient. Please allow 7-10 days for healing to take place.