

PEARL/FRACTIONAL LASER POST TREATMENT INSTRUCTIONS

PLEASE READ ENTIRELY PREVIOUS TO TREATMENT

A. Day 1-2 (first 48 hours post Pearl treatment)

- 'Oozing' may occur for the first 24 hours.
- Apply **Aquaphor** (or plain **Vaseline**) to treated areas.
 - Re-apply frequently as needed to maintain a continuous layer on your skin.
- Soak the treated skin with **plain white vinegar and water solution** every 2-3 hours.
 - You can't soak too much. Soaking *reduces redness and speeds healing!*

Solution:

- **1 teaspoon of plain white vinegar to 2 cups of water.** (solution may be mixed ahead of time and kept in refrigerator)



- Cleanse skin by dipping clean gauze into the vinegar solution and place the wet gauze against your skin, use a patting motion until **Aquaphor** or **Vaseline** is completely removed. You may need to repeat this step 2-3 times to remove all the **Aquaphor / Vaseline**.
- Cleanse, then reapply **Aquaphor / Vaseline** evenly to whole face including hairline immediately after soaking. If the skin gets dry or scabbed, you need to soak more often.
 - Do not pick, rub, scrub or irritate your skin while it is healing.

B. Days 3-5

- Cleanse entire area with white vinegar and water solution 4-6 times per day with same patting motion. In the A.M., first cleanse and the P.M, last cleanse of the day. follow vinegar cleansing with **Cetaphil Gentle Cleanser**, finishing with vinegar and water. Now apply **SkinCeuticals Hydra Balm** to whole face including hairline.



C. Days 6-7

- Continue to cleanse with vinegar and water solution as needed and or **Cetaphil** until all dead cells have exfoliated from skin about 2-3 times per day, now adding **SkinCeuticals Epidermal Repair** after washing. This product helps the new epidermis to heal faster and become hydrated. **Sunblock of SPF 30** should be applied over the **Epidermal Repair** during daytime hours.

D. Days 8-10

- Skin should be finished with exfoliation process and it is OK to go back to regular regime. Gentle cleansing, **Epidermal Repair** and moisturizers, Sunblock of 30 SPF, and makeup can be used. A gentle **microdermabrasion** treatment is suggested 3 weeks after Pearl treatment to insure all dead cells have been lifted and removed.

DO NOT:

- Do not put any other creams, ointments or products of any kind on your face until your care provider indicates it is OK to do so.
- 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 or 4. Do not pick at it but allow skin to slough off on its own.
- Skin may be red for the first 3-7 days and then turn darker as the skin begins to slough (peel).
- Swelling may also occur and usually resolves in 2-3 days.
 - Sleeping on 2 pillows with your head elevated is helpful.
- It is normal for skin to feel “sunburned” and/or tight.

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**.
- Ibuprofen or acetaminophen may be used, if needed.
- **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, please call the office at 326-2040. In case of emergency, please call Dr. Hiranaka at 322-0202.**