



### **Post Care Instructions for Pearl Laser**

During the first 24 hours post treatment (May extend to 48 hrs for less aggressive treatment and 72 hrs for more aggressive treatment.)

- Use ice/cold packs every two hours for 20 minutes maximum for swelling and discomfort. Cover treated areas with a moisturizing ointment every two hours.
- Keep your head elevated by using two or more pillows when lying down.
- After the first 24 hours, follow these instructions as directed by your physician you can continue to use ice/cold packs (20 minutes on; then 20 minutes off) as needed for swelling and discomfort, wrap with towel.
- Continue taking all medications as directed by your physician.
- If necessary, as directed by your physician take acetaminophen or pain reliever of physicians' choice. Your skin may feel sensitive and may have a red, pigmented and swollen appearance depending on the treatment. The treated area may itch.
- Continue to keep treated areas covered with a moisturizing ointment every 3-4 hours. This will decrease the healing time and minimize discomfort such as itching. Periodically lightly spray the treated area with cold water.
- Pain medication may be given, if needed, however pain should abate within 24 hours. If you feel pain 1-2 days after procedure, call your physician.
- Begin gently cleaning the skin twice a day with a mild, hypoallergenic cleanser. Do not scrub the treated area. Re apply occlusive ointment after each wash.
- For a few weeks after treatment, avoid sun exposure, as well as tanning beds and tanning creams. Use a broad spectrum (UVA/UVB) sunblock SPF 50 or greater when the treatment area is exposed to sun. If possible, cover the treated area with clothing or use a brimmed hat to reduce sun exposure.
- Keep all follow up appointments, so your physician can assess how the treatment is progressing.
- Always call the physician promptly if there is any increase in pain or increase in skin redness.
- Keep Sunglasses/glasses clean.
- No exfoliating for 10 days.
- Deep clean all makeup brushes.

Following treatment, normal activities may resume per your level of comfort. However, no swimming or using hot tubs/whirlpools while redness is present, usually for at least 24-48 hours. Once you feel comfortable and healed, a normal skin care regime, including makeup or shaving, can be resumed. Be careful water is not too hot when shaving.

#### **Deep Treatment**

- Only water/vinegar spritz for the first 72 hours/ three hours a day. No cleanser.
- Day 4- Can use sunscreen.
- Can wear makeup after 5-7 days.
- Can resume retinoids 10 days after treatment.
- No other deep treatments for 6 months. Can have LHR and facials. May not have microneedling or other lasers.

#### **Lighter Treatments**

- First/Second Day- no cleanser, vinegar spritz, Aquaphor, sunscreen is ok.
- Third day- Can workout. Use thicker moisturizer.
- Can wear makeup after 72 hours.

Recommended Deep treatment 1-2 times a year. Max every 3-6 months.

Recommended Light treatment 3 a year, can come back in 6 weeks.  
Recommended for thick scars, every 8 weeks.

Expect results:

3 months after light treatment

6 months after deep treatment

How to make Vinegar Spritz: 1-2 tbs in 1 cup of water (bottled water, spring thermal water, or distilled water). Put in a spray bottle. Helps reduce bacterial growth and normalize skin PH.

Aquaphor- Use for 3-5 days

Heavier Moisturizer- Cicaplast

Sunscreen-Zinc based 7% or higher