

## **PEARL FRACTIONATED LASER RESURFACING**

### **PRE-PROCEDURE PROTOCOL**

You should have received prescriptions, or purchased products, along with instructions for a skin lightening product, a Vitamin A cream, antibiotics, 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.**

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

- 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.) Benadryl (may not be required)
- 6.) Gauze pads/washcloth

### **POST-TREATMENT PROTOCOL**

The areas of the face that will undergo laser treatment are very sensitive and require the following special care:

- Apply Aquaphor 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 told it is ok to do so.
- Do not pick, rub, scrub or irritate your skin in any way while healing.
- You can leave the Aquaphor 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 Aquaphor 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 3-7 days or longer and then turn darker as the skin begins to slough (peel).
- Edema (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 Aquaphor.
- 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 4 or 5.
- 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, an over the counter antihistamine such as Benadryl (diphenhydramine) may be helpful.
- Please call the office at (818) 500-0823 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.