

pearl laser treatment before & after treatment instructions

Before treatment:

1. If possible, do not wear makeup to your treatment
2. Do not tan or use any sunless tanning products for 2 weeks prior to your treatment.
3. Avoid any irritants to your skin, including products with retinoids, retinol, glycolic and salicylic acid, and vitamin C for one week prior to appointment.
4. Do not wax or use a depilatory on treatment area for one week prior to treatment.

After treatment:

1. Apply Skin Medica Ceramide Treatment Cream to treated area 3-4 times a day (or more if needed) to maintain a continuous protective barrier on your skin. Be sure to thoroughly wash your hands prior to touching your face.

Use Skin Medica Ceramide Treatment Cream until gone. Call office if this runs out before one week. At day seven, gradually re-introduce your regular skin care treatment as discussed with Dr. Clinton or her associates. Call the office if you have questions or concerns.

Make-up may be worn after the majority of skin has sloughed usually day 4 or 5.

2. Do not pick, rub, scrub or irritate your skin in any way while healing.

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.

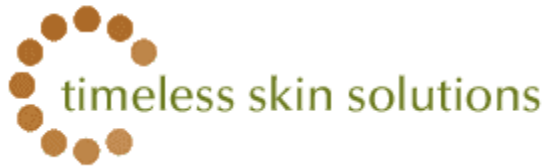
After the skin has finishing sloughing (typically day 4 or 5), you may gently exfoliate using gentle scrub or soft, warm washcloth.

3. You can leave the Skin Medica Ceramide Treatment Cream 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 Toleraïne should be done after day one.

Apply a layer of Skin Medica Ceramide Treatment Cream to the treated area immediately after soaking. If the skin gets dry or scabbed you need to soak more often.

It is okay to shower but do not let the shampoo or hair products get on the face. Do a soak after the shower followed by Skin Medica Ceramide Treatment Cream.



4. 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.

5. It is normal for skin to feel "sunburned" and/or tight. Ibuprofen or acetaminophen may be used if needed.

If you experience itching, an over the counter antihistamine such as Benadryl (diphenhydramine) or Zantac may be helpful.

6. Do not expose your skin to the sun. Remember UVA light passes through the house and car windows.

The use of sunscreen with a high SPF of 20 or greater is very important after sloughing to maintain results and help prevent post inflammatory hyperpigmentation (darker areas). Specific skin care products will be recommended for you in order to maintain your optimal results.

Do not participate in artificial tanning, or sun exposure without sun protection, in the 4 weeks following the treatment.

7. 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.

8. Avoid hot tubs and spas for at one week post-treatment.

Please call the office us at 614-799-5100 or Dr. Clinton's cell phone 614 783-1410 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.