

Pearl & Pearl Fractional Treatment Instructions

Ways to Speed Healing:

- Wash with Avene Gentle Skin Cleanser
- Apply all at once: Avene Cicalfate/Cold Cream/Anti-Red SPF 25 to treated areas.
 - Re-apply frequently as needed to maintain a continuous layer on your skin for 3-4 days.
- Soak the treated skin with a plain white vinegar solution **4 to 8** times each day.
 - You can't soak too much. Soaking *reduces redness* and *speeds healing!*
- Do not pick, rub, scrub or irritate your skin while it is healing.

How to Soak:

Dip a clean, soft, wash cloth into vinegar solution and place the wet cloth against your skin, gently pressing to ensure the vinegar solution wets the skin. Rinse and repeat for 10 to 15 minutes.

- Most of the Avene Cicalfate/Cold Cream/Anti Red SPF 25 should come off during the soak (do NOT rub).
- **Solution:**
 - **1 teaspoon of plain white vinegar to 2 cups of water.**
 - Solution may be mixed up ahead of time and kept in the refrigerator.
- Reapply a layer of Avene Cicalfate/Cold Cream/Anti Red SPF 25 ointment to the treated area immediately after soaking. If the skin gets dry or scabbed, you need to soak and moisturize more often. **The Avene Thermal Spring water mist can be used anytime.**



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. In most cases, wait 2 weeks post-laser.
- 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 as well as cold compresses.
- 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 Avene Cicalfate/Cold Cream/Anti Red SPF 25.
- If you experience itching, an over the counter antihistamine such as Benedryl (diphenhydramine) may be helpful.
- Ibuprofen or Tylenol may be used if needed.

After your skin peels:

- Make-up may be worn after the majority of treated skin has sloughed (usually **day 4 or 5**).
- For 2 weeks after the procedure, use **ONLY** the recommended Avene products dispensed at our office. (see last page for more details)
- It is **very important** to use a daily sunscreen with an SPF of 20 or greater.
 - This helps prevent post inflammatory hyperpigmentation (darker areas) as well as maintain your results.
- Please call the office, *205-980-1744*, 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.

Before Your Appointment:

- These prescriptions are given for a faster and safer recovery: Z-Pack (antibiotic), Valtrex (cold sores), and a Medrol Dose Pack (steroid for swelling). They can be given to you the day of the procedure, called in to your pharmacy, or you may call to pick them up earlier.
- If you feel it necessary, a Valium may be given in-office to make it a more comfortable experience. Another option available is I.V. sedation for a fee of \$300. You *must* have a driver if using any of these options.
- Tylenol or Ibuprofen (800 mg) may be taken with food 30 minutes before the procedure.
- Bring with you something to keep your hair off of your face such as a headband or clips.
- Please advise us of any allergies before a prescription is dispensed.

Contraindications:

- Recent sun exposure, sunburn, tan, pregnancy
- Accutane

Avene Post Laser Skin Care Kit:

- Post Pearl Kit (included in cost of laser) protocol, keeping in mind to also do the vinegar soaks as directed:
 - Wash with Avene Gentle Skin Cleanser
 - Moisturize with Avene Cicalfate/Cold Cream/Anti Red SPF 25
 - Avene Thermal Spring Water may be used as much as needed.
 - Continue this same protocol for the next 2 weeks, but eliminating the vinegar soaks if redness has subsided. Your skin will be too intolerant to continue your normal skin care routine. **Using other products may put you at risk for infection and/or prolonging healing time!**

We like to see all patients one week out from their procedure to ensure you are healing correctly, and 1 to 3 months post procedure to see that we have achieved your desired results. There are skin care regimens and in-office, no downtime procedures that will maintain your results. You may schedule a complimentary consultation at least 1 month out from your Pearl procedure to develop a maintenance program that is right for your skin. The most important step to maintain your results is to apply sunscreen daily, 30 minutes before going outdoors or every 2 hours of being out in the sun!