



Pearl Fractional Post Care Instructions

Thank you for choosing us as your anti-aging provider! Please review the following instructions prior to your scheduled treatment. Arrive 15 minutes prior to your scheduled appointment and, for your convenience, park in the rear of the building as you will exit through the private door.

Any time prior to your procedure, we suggest you purchase the following items:

- Plain white vinegar
- New makeup sponges/brushes
- Brush wash
- Gauze pads
- 2 bags of frozen peas/corn
- Vitamin C (1000 mg)
- Thermometer
- Acetaminophen
- Spring water
- Small mist bottle
- Baby shampoo
- Cetaphil gentle face moisturizer, fragrance free
- iS Clinical Post Ablative Kit

Two weeks prior to procedure

We recommend taking Vitamin C (1000 mg) daily starting 2 weeks prior to treatment and continuing daily for 3-6 months post-treatment. Histamine levels increase after tissue injury which contributes to inflammation. Vitamin C is a natural antihistamine, reducing the body's production of histamine. Vitamin C also improves tissue growth and wound repair, helps heal scars and bruises, and helps the body not only produce new collagen but also provides added tensile strength to newly formed collagen. We also recommend two weeks prior to the procedure that patients purchase Arnica and Bromeline with Quercetin supplements to assist with the healing process after the procedure. Both supplements are available for purchase at local pharmacies.

Because we will provide diazepam (Valium®), you must arrange for a ride home post treatment. You must sign any consent form prior to taking Valium®. Please understand that no exceptions will be made.

Laser therapy can activate the Herpes Simplex Virus (cold sores). Take an anti-viral medication prophylactically to inhibit the outbreak of Herpes Simplex 1 (even if you do not have a history of cold sores).

Unless they are medically necessary, discontinue agents that cause bruising or bleeding such as:

- Vitamin E
- Fish oil
- Gingko biloba
- Garlic supplements
- Cholesterol medications
- Pepto-Bismol
- Alka-Seltzer products
- Oil of Evening Primrose

As well as any other over-the-counter medications that contains non-steroidal anti-inflammatories such as:

- Aspirin (Bayer, St. Joseph, Bufferin)
- Ibuprofen (Advil, Motrin, Nuprin)
- Naproxen (Aleve)
- Nabumetone (Relafen)
- Indomethacin (Indocin)
- Acetaminophen/aspirin/caffeine (Excedrin)

Three days prior to procedure

No alcoholic beverages starting 3 days prior to laser therapy. Alcohol increases the risk of complications and slows down the healing process.

Begin taking Arnica and Bromeline

Day of Procedure

Wear loose fitting clothing that buttons or zips up the front, rather than a pullover top that has to be pulled over the face and head.

Arrive clean shaven. Male clients must arrive clean shaven if procedure is to take place on the face.

No makeup. Please arrive to your appointment with the area of skin intended for treatment free from any:

- Makeup
- Cosmetics
- Creams
- Perfumes
- Lotions
- Powders
- Or any other skin preparations

No hairspray. No earrings or jewelry.

Day of Post-Laser Procedure Instructions

During your healing process, you must be very careful to prevent infection. Wash your hands with antibacterial soap prior to applying any product to your face. Do not rub or pick at your face. Do not use any products other than the products specifically discussed with your laser technician.

Note: Failure to precisely follow prescribed post-op care can lead to complications and scarring.

Burning phase: Immediately post-op and up to 3 hours after treatment, the treated area will have a slight burning sensation similar to a sunburn. You may apply bags of frozen vegetables wrapped in a towel (corn, peas) to your face in 15 minute intervals. Re-apply SHEALD Recovery Balm every 3-4 hours followed by spraying your face with refrigerated spring water for 24 hours.

Note: Never put ice directly on the treated skin for more than a few minutes unless the ice is wrapped in some sort of protective covering (i.e. a towel) as this can cause frost bite.

Elevate head: When sleeping the first night after treatment, elevate the head (or other treated area) using 2-3 pillows to reduce swelling. Use an old pillowcase or towel as to not soil your linens.

Bath/shower: You can shower or bathe at any point in time post-treatment (although better to wait until the next day). If a bath/shower is taken within the first 24 hours, avoid using hot water. Preferably take short warm baths/showers. Cold showers may be soothing and help remove heat. If you take a shower, avoid running hot water directly on the treated area. After bathing, gently pat dry the treated area with a soft cloth. Never wipe hard with a towel. Wash your hair everyday with baby shampoo (or other non-irritating shampoo) until completely healed. No hot tubs, Jacuzzis, or swimming pools until redness is completely gone.

No strenuous exercise: Do not participate in any strenuous exercise (i.e. bending, squatting, straining, or heavy lifting) until all redness has completely resolved. Avoid activities that cause excessive perspiration. No contact sports.

Minimize facial expressions: If the skin around the mouth is tight, minimize facial expressions until healed.

No alcoholic beverages: Patients should avoid alcohol for 24-48 hours post-op (or until redness is gone).

Recovery process: The recovery process will vary from patient to patient and on the level of treatment prescribed. On average, 5-7 days on the face, and 7-10 days off face (neck, décolletage, dorsum of the hands, arms, etc.)

24 Hours Post-Procedure

Re-epithelialization/crusting phase (24-48 hours post-procedure): Your skin will appear uneven, red, and/or mixed with brown, or caramel colored. This is usually when you look the worst.

Start Vinegar Soaks: 24 hours after procedure until all crusting has peeled off and your skin has re-epithelialized (when your skin is pink and intact, this is re-epithelialization).

Vinegar Soak Regimen

1. Thoroughly wash hands before touching the treated area using antibacterial soap.
2. Prepare a water/vinegar solution as follows
 - a. Mix 1 teaspoon (5mL) of plain white vinegar with 1 cup (237mL) of cool tap water
 - b. If this solution stings or burns, dilute vinegar solution by using 1 teaspoon to 2 cups (1 pint) of water.
 - c. This solution may be mixed ahead of time and put in the refrigerator.
 - d. Prepare a new solution each time to prevent contamination.
3. Take a gauze pad and soak it in the water/vinegar solution. Ring out any excess and then lay it over the treated area for 10-15 minutes. Do not rub vigorously but using the gauze, you may gently remove (do not pick) any loose crusting.
4. When done soaking, gently pat the treated area dry with clean gauze pad. You cannot soak too much. Soaking will reduce redness and speed healing. Note that you do not have to remove all of the SHEALD Recovery Balm from the area during the soaking process.
5. Reapply SHEALD Recovery Balm generously.
6. Repeat this procedure 3-4 times daily until all crusting is gone.

48 Hours Post-Procedure

Discontinue SHEALD Recovery Balm.

Exfoliation/Shedding Phase (48 hours-day 5): Begin using Cetaphil moisturizer. If it stings, go back to using SHEALD Recovery Balm and try moisturizer again in 24 hours. Apply every 3-4 hours and gradually decrease duration as the skin begins to heal. Continue with vinegar soaks. Do not pick or remove skin from your face.

Note: If your laser therapy was more aggressive, you may experience increased post-operative edema (swelling), erythema (redness), and recovery times from those stated above.

Final Healing Phase (days 6-7)

Start long term skin care products that were discussed. Avoid the sun (wear a hat) and wear Extreme Protect 30 sunscreen daily, even on cloudy days and when driving.

Once Re-epithelialization is Complete (skin is not broken, crusting phase has subsided, and treated area is smooth, red, and pink): Soaks and ointments are discontinued, makeup and sunscreen can now be applied.

Makeup: We recommend using water-based makeup or mineral makeup. Purchase new application sponges or brushes as infection or acne eruption can be caused by accumulated bacteria. Your skin will be more susceptible to irritation from makeup; hence it should be applied cautiously and conservatively. If irritation occurs, switch to something less sensitizing.

Pain: Other than a mild burning sensation for the first few hours, most patients experience no other pain. For mild pain, you can take acetaminophen (Tylenol) for discomfort. Do not take aspirin or aspirin related drugs during the healing period.

Pruitis (itching): Some patients experience a high level of itchiness for 2-3 days. This is normally due to the release of histamines during the healing process, which is a good sign, however it can also be a sign of dry skin due to inadequate use of moisturizers. Please notify us if you have excessive itching.

Possible Complications

Call the office immediately at 409-838-7899 if you have any fever, chills, or pain after treatment that is not relieved by the prescribed pain medication, or if you experience excessive redness, blistering, swelling, bleeding, itching, yellow or cloudy discharge (increasing pain with deterioration in the appearance of the skin may be the first signs of infection). Failure to diagnose and promptly treat these conditions may delay healing and lead to scarring.