

PEARL / PEARL FUSION

PRE / POST CARE

2 WEEKS BEFORE LASER TREATMENT

- Please avoid sun exposure. Tanned skin can increase your chance of side effects such as a burn, blister or pigment changes (hypopigmentation or hyperpigmentation). Sunburned skin cannot be treated.

1 WEEK BEFORE LASER TREATMENT

- Stop using sunless tanning products 1 week before your laser treatment.

- Please avoid aspirin, Motrin, Advil, Aleve & ibuprofen as these medications can increase risk of bleeding & bruising. If these medications are medically necessary, please do not stop medication without approval from the prescribing physician

- Avoid irritants to your skin (hydroquinone, bleaching creams, retinoic acid/retinol, Triluma, Differin, Tazorac, benzoyl peroxide, glycolic/salicylic acids, chemical peels, astringents, vitamin C, "Nair" type products etc) 1 week prior to your treatment area. Dr. Gulcher may suggest a mild chemical peel 1-2 weeks before your procedure to remove excess skin cells from the top layer of your skin.

- We recommend a Pre-Pearl visit 1 week before your procedure to go over consent form, obtain pre-treatment photographs, provide post-care instructions and discuss what to expect after your procedure (post treatment progression). Dr. Gulcher will also call in your antibiotic and anti-viral medications to your pharmacy at this time.

ONE DAY BEFORE LASER TREATMENT

- Start taking your antibiotic & anti-viral medications 1 day before your procedure.

- If you have a history of recurrent cold sores (herpes simplex), please start your anti-viral medication 2 days before your procedure

- If you have an active cold sore or skin infection in your treatment area, please call our office to reschedule your procedure.

DAY OF LASER TREATMENT

- Bring a broad-rim hat for after procedure
- Arrange a ride home as you may feel tired and your eyes may be swollen
- Please arrive 60 minutes prior to your appointment in order to apply topical numbing cream and provide you with pain and/or relaxation medication
- If possible, please arrive to your appointment with no make-up, moisturizers, lotions, perfumes or any skincare products on your treatment area. Please remove any mascara, eye products and contacts as well.

Please continue to take your antibiotic & anti-viral medications as prescribed by Dr. Gulcher

POST CARE

HOW TO TAKE CARE OF YOUR SKIN:

Step 1: Vinegar soaks: Soak the treated skin as described below every 2-3 hours. You can't soak too much. Soaking reduces redness, prevents infection and speeds healing.

- mix 1-2 tablespoons of plain white vinegar to 2 cups of water. Make enough solution for the entire day and store in the refrigerator

- dip a clean, soft cloth or paper towels into vinegar solution and place the wet cloth against your skin, gently pressing to ensure the vinegar solution soaks the skin. Repeat soaking process for 10 minutes. Most of the ointment should come off during the soak (do not rub)

Step 2: Aquaphor Healing Ointment (or plain Vaseline): apply a thin layer of ointment to the treated areas immediately after soaking. Reapply as needed. If the skin gets dry or "tight", you need to soak more often and apply more ointment.

DO NOT:

- * Apply any other creams, ointments or products on your treated skin unless approved by DR. Gulcher
- * let your skin come in contact with detergents, fabric softeners or dryer sheets. These products can irritate your skin and cause a " contact dermatitis"
- * Pick, rub, scrub or pull at your skin in any way while it is healing. Please allow the skin to peel on its own
- * Scratch your skin. If you feel itchy, please take Claritin, Zyrtec or Benadryl as directed by Dr. Gulcher

* Do not Expose the treated area to the sun during your healing process. Sun exposure can irritate your skin and cause the skin to darken (hyperpigmentation). Wear a broad-rim hat when outside if possible.

* Do not have close contact with animals such as dogs, cats or horses. The dander and fur can irritate your skin and cause a "contact dermatitis"

GENERAL INSTRUCTIONS:

- Wash your hands prior to every soak. Please minimize touching your treated skin as much as possible

- You may shower, but keep soaps and hair products from coming in contact with the treated area. For example, tilt your head back and let the hair products rinse down your back, not your face. Do your vinegar soak/aquaphor ointment after your shower.

- Itchiness to your skin is common. Over-the-counter antihistamine (Benadryl, claritin, zyrtec) may be helpful

- It is normal for your skin to be slightly tender, "sunburned" and/or tight. acetaminophen (Tylenol) may be helpful. Please avoid aspirin-type products after your PEARL FRACTIONAL procedure for 24 hours to minimize bleeding/bruising.

- After you peel, your skin will be dry. Dr. Gulcher will recommend a moisturizer. Please do not use other moisturizers without consulting with Dr. Gulcher or her staff

- Swelling, especially with the PEARL FRACTIONAL, is common and usually resolves in a few days. Sleeping with 2-3 pillows to elevate your head is helpful.

- You will need to wear sunblock with SPF 30+ at all times. You may start using sunblock after you peel. (usually within 4-7 days). This is vital to help prevent post-inflammatory hyperpigmentation (dark areas).

- Makeup may be worn after the majority of your treated skin has peeled, usually within 4-7 days. We recommend Glomineral makeup from our office which is talc-free, perfume free, soothing to the skin with antioxidants and high pigment content to cover redness.

- Please call our office if you experience intense pain, drainage, severe redness, fevers, increased itching or swelling, appearance of cold sore, blister, tingling sensation or at any time you feel that you are not healing normally.

- We will schedule a follow-up appointment after your procedure in 3-4 days & 6-8 days. These follow-up appointments are very important to ensure that you are healing appropriately.