

UPMC Cosmetic Surgery and Skin Health Center

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Pearl & Pearl Fractional Laser Post Treatment Care Information

What to expect?

The following is a list of what you may or may not experience after your laser treatment. Please note that not all patients see every reaction listed.

First 24 Hours

- Skin will feel like a sunburn (hot) for up to one hour post-treatment
- Pinpoint bleeding/oozing is likely to occur within 90 minutes of treatment
 - Most intense for first 4 hours post-treatment
 - Should resolve within 24 hours
- Significant erythema (redness) persists for approximately 5 days post treatment
- Possible swelling

1 - 3 Days Post-Treatment

- Skin may still feel like you have a sunburn
- Edema (swelling) peaks at 2-3 days post-treatment
 - Sleeping with head elevated may reduce swelling (extra pillow)

3 - 5 Days Post-Treatment

- Edema (swelling) will begin to subside
- Face begins to peel
 - Some patients report itchiness during this period
 - Frequent vinegar soaks help to relieve itching and soothe skin

5 - 7 Days Post-Treatment

- Mild erythema (redness) may persist for a few weeks (varies by patient)
- Peeling should subside within 5-7 days

How to Care for your skin:

The first 24 hours:

- Always thoroughly wash hands before touching the treated area.
- Simply keep your skin moist with Aquaphor Healing Ointment. Re-apply as frequently as needed to maintain a continuous layer on your skin.
- Do not shower until the day after treatment.
 - When showering, do not allow soaps and hair products to come into contact with the treated area.

The Next 7 Days:

- Always thoroughly wash hands before touching the treated area.
- Do not pick, rub, scrub, or irritate your skin while it is healing.
- You will not be washing your skin with traditional soap and water. Instead, you will be doing soaks with plain white vinegar 4 to 8 times a day.

- To make vinegar soaking solution, mix **1 teaspoon of plain white vinegar to 2 cups of water.**
 - The solution may be mixed up ahead of time and kept in the refrigerator.
 - Dip gauze into the vinegar solution and place the wet gauze against your skin, gently pressing to ensure the solution wets the skin. Do not rub. Rinse and repeat for 10 to 15 minutes.
 - Always do a soak after showering.
 - You can't soak too much. Soaking reduces redness and speeds healing!
- Always keep your skin moist by applying a thin layer of Aquaphor Healing Ointment to the treated area.
 - Re-apply as frequently as needed to maintain a continuous layer on your skin.
 - Most of the ointment will come off during the vinegar soaks. Re-apply!
 - If your skin gets dry or scabs appear, you need to soak more often and apply more Aquaphor.
 - Do not use any other creams, ointments, or products.
 - Do not expose the treated area to the sun, tanning beds, and do not let heaters blow hot air directly into the treated area.
 - Remember, UVA passes through house and car windows and are present even on cloudy days.
 - UVA exposure can cause the skin to darken.
 - If you experience itching, an over the counter antihistamine such as Benadryl may be helpful. (remember, this may cause drowsiness)
 - Ibuprofen or acetaminophen may be used if needed.
 - After stopping the ointment, use only a clinician recommended moisturizer for at least one week. (examples: Action (Obagi Nu-Derm), Stone Crop Whip, or Cetaphil Moisturizing Cream)
 - Make-up may be worn after the majority of treated skin has healed, usually around 7 days.
 - It is very important to use sunscreen with a SPF of 30 or higher once the skin has healed

When to call the office:

- 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.

Shopping List

- Aquaphor Healing Ointment
- Plain white vinegar
- Gauze
- Antihistamine (example: Benadryl)
- Moisturizer (example: Action, Stone Crop Whip, Cetaphil)
- Sunscreen with SPF of 30 or higher