



POST-TREATMENT INSTRUCTIONS FOR PEARL™ LASER RESURFACING TREATMENT AND CO2 FRACTIONAL LASER TREATMENT

Thank you for coming to DermaCare for your Laser Resurfacing treatment with the Cutera® Pearl™ Laser. Please review the following information carefully to achieve optimum results from your treatment and the most comfortable recovery. Please contact DermaCare if you have any concerns regarding your treatment. Reveal any medical conditions that may be of significance such as facial cold sores, pregnancy, etc prior to treatments.

- Be sure to thoroughly wash your hands prior to touching your face.
- Continue to take your oral anti-viral medication (ie. Valtrex or Famvir) as directed.
- Wash treated skin at least **SIX** times daily with a mild non-soap cleanser such as Dermacare Gentle Green Tea Cleanser. Insure that you remove all of the Cicalfate® with each washing.
- **Apply Cicalfate® ointment to the treated area immediately after washing.** If the skin gets dry or scabbed you need to wash, spray & Cicalfate® application more often.
- You will maintain a continuous layer of Cicalfate® on your skin for the first 3-4 days for optimal healing.
- **Do not put ANY other creams, ointments or products of any kind on your treated skin unless you are told it is OK to do so prior to day 4.**
- Place a towel over your pillow to prevent staining the pillowcase with Cicalfate®.
- Do not pick, scrub, or irritate your skin in any way while healing.
- Skin may be red for the first 3-7 days or longer as the skin begins to slough (peel).
- The skin will usually start sloughing on day 3 or 4. Do not pick at it but allow the skin to slough off on its' own.
- Edema (swelling) may also temporarily occur. Elevating head while sleeping is helpful.



- It is OK to shower but shampoos & hair products can be potentially irritating the first 24-36 hours on the treated skin. Immediately apply Cicalfate® after each shower.
- It is normal for skin to feel “sunburned” and/or tight.
- Ibuprofen (Motrin) or acetaminophen (Tylenol) may be used if needed for discomfort.
- **Do not expose your skin to the sun.** Remember UVA light passes through the house and car windows.
- Make-up may be worn after the majority of skin has sloughed usually day 4 or 5.
- You can resume use of your regular cleanser/moisturizers **after** sloughing is complete.
- The use of **sunblock** with a high SPF of 30 or greater (i.e. DermaCare SPF 30 sunscreen or DermaCare SPF 45 sunscreen) is **very important** after sloughing to maintain results and help prevent post inflammatory hyperpigmentation (darker areas).
- An increased sensitivity or irritation to anything that comes in contact with your skin may occur while healing & for a short period after treatment.
- If you experience itching, an over the counter antihistamine such as Benadryl (diphenhydramine) or Zyrtec (ceterizine) may be helpful.
- Please call the office 509-783-5050 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.

*Your referrals are greatly appreciated.
We will send you a \$50 gift certificate for each friend or relative that you refer to us.*