

Pearl Laser

Pre/Post-Treatment Care

PEARL PRE:

- Discuss any changes to your medical history, medications, allergies or tendencies for poor healing with your aesthetician.
- Avoid sun tanning, including tanning beds and sunless tanning creams, for at least two weeks to two months prior to treatments. You will need to avoid sun exposure for two weeks after treatments.
- If you take any photosensitive medications and/or vitamins, check with your physician for permission to postpone prior to treatment. NEVER make any change to your prescribed medication regimen without discussing with your physician.
- Avoid Accutane (or products containing iso-tretinoin) for 6 months and prescription strength Retin-A/ Tretinoin for 1 week prior to treatment. Use of glycolic acid or other alpha-hydroxy acid products may require a pulse test and a 24 hour waiting period prior to treatment. These medications and products increase your photosensitivity, which can increase the likelihood of complications.
- For treatment of pigmented lesions, you should consult a specialist if family, personal history or concern of skin cancer exists.
- Do not wear tight clothing on the area to be treated.
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PEARL POST:

- You may experience a strong sunburn sensation following treatment that may last for several days for some clients. If needed, apply a cold compress or vinegar soak (see page 2) intermittently until discomfort and retained heat are resolved.
- Skin redness, swelling, inflammation and scabbing are common. Skin may be raw to the appearance and itch. This will typically subside within 5-7 days. Apply a cold compress intermittently until symptoms resolve. For facial treatments, it may be helpful to sleep with an extra pillow under your head the night of your treatment to reduce any facial swelling.
- Nausea is a common side effect of this treatment and can be addressed by staying hydrated throughout the day and replenishing electrolytes.
- **Avoid heat** (hot yoga, hot tubs, saunas, outdoor exercise, etc) for 72 hours following your treatment. Inducing heat after a treatment can result in complications.
- Do not wear restrictive/tight clothing after your treatment.
- Apply a thin layer of Aquaphor Healing Ointment to treated area until scabs are gone. You may experience some sensitivity here. Re-apply frequently as needed to maintain a continuous layer on your skin. Keep your skin hydrated during the course of your treatments—you do not want your skin to feel tight.
- Do not use sunscreen for the first 4-5 days. After 4-5 days always apply SPF 30 when outdoors. Stay out of the sun, use hats, glasses and possibly an umbrella for a minimum of 4 weeks
- Pigmentation treatments may result in darkening of pigment and may flake off after a couple of days. Do not aggressively exfoliate these areas, allow flakes to fall off on their own. Removing them may result in scarring.
- Clients are able to tweeze, shave or thread 1-2 days after treatment. Waxing should not be done for 3 weeks after treatment
- Always thoroughly wash hands before touching treated area.
- Use only a very gentle cleanser
- On day 4-5 you should notice peeling in the treatment area. Peeling can last for up to 10 days. Do not pick, rub, scrub or irritate your skin while it is healing.
- Soak the treated skin with a plain white vinegar solution at least 4 to 8 times each day.
- You can't soak too much. Soaking reduces redness and speeds healing!
- It is normal for the skin to feel tight and appear as though it looks older for 1-2 weeks post treatment until the skin regains its hydration content.
- The skin will continue to improve over the next 6-8 weeks as cellular regeneration continues to take place.

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Vinegar 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.

How to Soak:

Dip a clean, soft, 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 ointment should come off during the soak (do NOT rub).

Apply a thin layer of ointment to the treated area immediately after soaking. If the skin gets dry or scabs appear, you need to soak more often and apply more ointment.

Contact AOB immediately 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

ADVERSE REACTION INSTRUCTIONS:

- In the event of an adverse reaction to your treatment, please immediately call the center.
 - Allergic Reaction: May occur after being exposed to product. Don't scratch the area and speak to your pharmacist for suggested OTC treatments until symptoms resolve. Should you develop difficulty breathing, contact a physician immediately or call 911.
 - Burn: Typically resembles a sunburn and could develop several hours after treatment. It is important to avoid heat inducing activities and restrictive clothing after your treatment. Should a blister develop, do not pop the blister. It serves a protective barrier for your skin to heal properly. Watch for signs of infection (worsening redness, swelling, drainage or worsening pain). Keep area clean and dry; do not apply anything to area. A cold compress may be used. As the skin heals, do not pick at the skin, as this will cause scarring.
 - Herpes/Cold Sore Outbreak: If you develop an outbreak following your treatment, you will need to inform your Aesthetician that you are prone to outbreaks prior to your next treatment. It may be helpful to obtain an anti-viral prescription from your physician prior to your next treatment.

Contact your AOB Med Spa Aesthetician immediately at the sign of any adverse reaction after treatment or call 911 if you are experiencing a severe reaction.

AOBmedspa.com
