

Post-Treatment Instructions – Pearl® & Pearl™ Fractional

Ways to Speed Healing:

- Apply Vaseline to treated areas.
 - Re-apply frequently as needed to maintain a continuous layer on your skin
- Soak the treated skin with a plain white vinegar solution **4 - 8 times each day**.
 - You can't soak too much. Soaking *reduces redness* and *speeds healing!*
- Do not pick, rub, scrub, or irritate your skin while it is healing.

How to Soak:

- Dip a clean, soft, wash 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 Vaseline should come off during the soak (do NOT rub).
- **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.
- Apply a layer of Vaseline ointment to the treated area immediately after soaking. If the skin gets dry or scabbed, you need to soak more often.



DO NOT:

- Do not put ANY other creams, ointments or products of any kind on your face until your care provider indicates it is ok to do so.
- Do not let your skin come in contact with detergents, fabric softeners, or dryer sheets. Fabrics that have been treated with these products may irritate your skin.
- Do not pick, rub, scrub or irritate your skin in any way while it is healing.
- Do not expose the treated area to the sun (even on cloudy days).
 - Remember, UVA passes through house and car windows.
 - UVA exposure can cause skin to darken.



What to Expect:

- The skin will usually start sloughing on day three or four. Do not pick at it but allow skin to slough off on its own.
- Skin will be red for the first 10 days and then turn darker as the skin begins to slough (peel).
- Swelling may also occur and usually resolves in 3-4 days.
 - Sleeping on two pillows with your head elevated is helpful.
- It is normal for skin to feel “sunburned” and/or tight.

General Instructions:

- It is okay to shower but do not let your shampoo or hair products get on your face.
 - Do a vinegar soak after the shower followed by Vaseline.
- If you experience itching, an over-the-counter antihistamine such as Benadryl (diphenhydramine) may be helpful.
- Ibuprofen or acetaminophen may be used if needed.

After your skin peels (3 - 4 days):

- Make-up **cannot** be worn until after your follow-up appointment.
- For a week after the major sloughing is complete, use **ONLY** the product(s) provided to you by your nurse provider.
- It is **very important** to use sunscreen with a SPF of 30 or greater when your nurse provider says your skin is ready. This helps prevent post inflammatory hyperpigmentation (darker areas).

Please call the office at: **250-595-3888** 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.