



## POST-TREATMENT INSTRUCTIONS FOR PEARL LASER TREATMENT

- Apply ZO Rivivatrol to treated areas 3-4 times a day to maintain a continuous layer on your skin for the first 4 days. Be sure to thoroughly wash your hands prior to touching your face.
- **Do not put ANY other creams, ointments or products of any kind on your face until you are told it is ok to do so. Usually this can be done on day 4.**
- Do not pick, rub, scrub or irritate your skin in any way while healing.
- You can leave the Rivivatrol on and soak the treated area with a clean soft cloth and Surfatrol powder solution. This solution may be mixed up ahead of time and kept in the refrigerator. You may soak 6 times the first day of the procedure or more if needed.
- Washing at least twice daily with a mild non-soap cleanser such as Cetaphil can be done in place of soaks.
- Apply a layer of to the treated area immediately after soaking. If the skin gets dry or scabbed you need to soak more often.
- Skin may be red for the first 3-7 days or longer and then turn darker as the skin begins to slough (peel).
- Edema (swelling) may also occur. Sleeping on 2 pillows with your head elevated is helpful.
- The skin will usually start sloughing on day 3 or 4. Do not pick at it but allow skin to slough off on its' own.
- It is OK to shower the day after the treatment, but do not let the shampoo or hair products get on the face. Do a soak after the shower followed by Rivivatrol.
- It is normal for skin to feel "sunburned" and/or tight.
- Ibuprofen or acetaminophen may be used if needed.
- 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 off.
- You can resume use of your regular cleanser/moisturizers **after** sloughing is complete.
- The use of sunscreen with a high SPF of 30 or greater 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 such as detergents, fabric softeners or dryer sheets in pillowcases, sheets and clothes may occur.
- If you experience itching, an over the counter antihistamine such as Benadryl (diphenhydramine) may be helpful.

**The first 24 hours:**

- Always thoroughly wash hands before touching the treated area.
- Keep your skin moist with Rivivatrol. Re-apply as needed to maintain a continuous layer on your skin. Make sure that skin does not become too dry or too lubricated.
- 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.

**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.

**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.
- Please call the office 281-362-0014 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.