

Laser Skin Solutions

Hair & Vein Removal ♦ Sun Spot Removal ♦ Restylane ♦ Botox ♦ Skin Care ♦ Tattoo Removal

Laser Pearl post care instructions

1. Soak the treated skin with a plain white vinegar solution 4 to 8 times a day with compresses. You can't soak too much! It reduces redness and speeds healing! It is also soothing to spray refrigerated solution onto the treated area with eyes closed.
2. Apply plain Vaseline to treated areas (re-apply frequently).
3. It is normal for skin to feel "sunburned" or tight. Ibuprofen or Tylenol may be used if needed for discomfort in the treated area or for generalized discomfort.
4. Skin may be pink for the first 3 - 5 days or longer. Swelling and itching may also occur the first couple of days. Sleeping on two pillows with your head elevated is helpful.
5. The skin will usually start peeling (sloughing) on day 2 - 4. Do not pick at it. Allow it to peel and flake off on it's own.
6. No make-up may be worn until after the skin has peeled. This also includes no mascara or lipstick.
7. You can resume use of your regular cleanser/moisturizers after peeling. Review products with your provider.
8. It is okay to shower the same day as treatment as long as shower and shampoo products are not allowed to touch the treated area.
9. Please call the office at 561-641-9490 if you experience any side effects other than the normal reactions described above, or if you have any concerns.

Do Not:

1. Do not pick, rub, scrub or irritate your skin while healing.
2. 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.
3. 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. An over the counter antihistamine such as Benadryl may be helpful and may be taken every 6 – 8 hours as needed to relieve itching and/or swelling.
4. Do not apply sunblock to new skin until peeling is complete.
5. Do not expose the treated area to the sun (even on cloudy days).

How to Soak:

- For several minutes, place the damp, clean, soft, washcloth against the skin and gently press against the skin. Rinse and repeat.
- Vaseline will come off during the soak (complete removal is not necessary).
- Keep gently soaking so that the vinegar is able to wet the skin.
- The solution is made of **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 plain Vaseline ointment to the treated area immediately after soaking. If the skin gets dry or scabbed you need to soak and apply Vaseline more often.