



# TIMELESS

## SKIN SOLUTIONS

### pearl laser treatment before & after treatment instructions

1. Cold sores:
  - Are you prone to cold sores? If so, we will provide antiviral prophylactic treatment.
2. Valium:
  - If you have opted to use Valium during your treatment, please take a 5mg tablet 1 hour prior to treatment and bring 1 tablet with you to the office if needed for additional anti-anxiety measures. The Valium is only to ensure a relaxed environment for you during treatment.
  - You must have a driver if you do opt to use Valium during treatment.
  - Day of treatment: Have you taken Valium? Do you feel that you need more?
3. Regarding facial hair and shaving for men:
  - All men must please shave their face the day of the procedure.
  - Following treatment, no shaving with a razor blade 5 days following treatment.
  - You may use an electric razor after 3 days if desired.
4. Patients with ethnic skin:
  - All patients with darker, ethnic skin tones must use hydroquinone for a minimum of 2 weeks prior to treatment. This product down-regulates the pigment in the skin and prepares the skin for treatment.
5. Skin care:
  - Be sure to thoroughly wash your hands prior to touching your face.
  - Wash your skin **3-4 times a day** with the provided gentle cleanser, beginning the morning after your treatment.
  - Apply Ceramide Treatment Cream after each cleansing (**3-4 times a day**, or more if needed). Use until gone.
  - Use provided bottle of Spring Water as desired for comfort measures and improved healing. You may store this in your refrigerator for extra cooling.
  - Gradually resume normal skin care and makeup on **day 7**.
6. Vinegar soak:
  - Begin using a vinegar soak 3-4 times daily beginning the day of your treatment to promote healing and provide antiseptic benefits.
  - Mix 1 teaspoon of plain white vinegar to 2 cups of cool water.
  - This solution may be mixed up ahead of time and kept in the refrigerator.
  - If the skin gets dry or scabbed you may soak more often.
  - You may leave Ceramide on the skin and soak the treated area with a clean soft cloth.
  - Reapply Ceramide to the treated area immediately after soaking.

7. Showering:
  - It is okay to shower, but do not let shampoo or other hair products get on the face.
8. No picking, peeling or scrubbing the skin in any way during the healing process.
  - Allow the skin to slough off on its own.
  - After the skin has finished sloughing (typically day 4 or 5), you may exfoliate using a gentle scrub or washcloth.
9. Post treatment expectations:
  - It is normal for the skin to feel "sunburned" and/or tight.
  - The skin may be red for the first 3-7 days (or longer) post treatment, and then turn darker as the skin begins to slough.
  - It is normal to feel as though the skin looks "older" 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.
  - At your follow up appointment with your provider, you may have an IPL treatment if there are any remaining brown spots. There will be little to no down time with this treatment.
10. Possibility of edema (swelling):
  - Elevate your head on two pillows to decrease swelling.
  - Ice 20 minutes per hour for significant swelling.
  - Please know that edema is most common under the eye area.
11. Post treatment comfort measures:
  - OTC ibuprofen or acetaminophen may be used if needed for swelling/inflammation.
  - OTC antihistamine may be used to ease itching
  - Apply OTC hydrocortisone 1% to small areas of irritation as needed.
  - Cold packs may be applied post treatment to ease any temporary discomfort. Please ice 20 minutes per hour, maximum. You may use a frozen bag of peas, or a baggie filled with ice and a small amount of water, but do not apply directly to skin; wrap the ice in a soft cloth before allowing the ice pack to touch the treated area.
  - If the skin is broken or a blister appears, apply antibiotic ointment (Neosporin or Polysporin) and contact us (614) 799-5100 or [contact@timelessskinsolutions.com](mailto:contact@timelessskinsolutions.com).
  - Discomfort usually resolves by day 5, but may last longer in some patients.
12. Sun precautions:
  - Sunscreen (SPF of 30 or greater) may be worn after the majority of your skin has sloughed (usually by day 5). This is very important in reducing post inflammatory hyperpigmentation.
  - Please remember that UVA light passes through the house and car windows.
  - Absolutely no artificial tanning or sun exposure without sun protection, in the 4 weeks following the treatment.
13. Increased sensitivity to detergents/fabric softeners:
  - Please use pillow cases with no fabric softener during the healing process.
14. No hot tubs and spas for at one week post-treatment.

If you have any questions or concerns, please don't hesitate to call us at (614) 799-5100 or email [contact@timelessskinsolutions.com](mailto:contact@timelessskinsolutions.com). In case of emergency call 911.