

### *What it is:*

The Pearl™ Laser procedure gently delivers the same results as more invasive ablative resurfacing lasers to reduce wrinkles and correct uneven texture and sun damage with less downtime, leaving skin with a healthy, pearl-like glow.

**Ideal for patients with light to medium skin tones and mild to moderate sun damage.**

The Pearl™ Laser is generally performed on the face, neck, décolleté and hands.

### *Features & Benefits:*

- The Pearl™ Laser offers the most effective treatment to address fine lines, wrinkles, uneven texture and discoloration **without** wound care and the lengthy downtime required with most Erbium and CO<sup>2</sup> laser procedures
- Unlike “fractional” treatments, the Pearl™ Laser treats the entire face, minimizing the number of required treatments. Typically, only one to two treatments are necessary to renew your skin
- The Pearl™ Laser also stimulates new collagen growth helping to fill out and decrease fine lines and wrinkles. New collagen growth continues for four to six weeks post-treatment so skin continues to improve over time

### *Duration of Benefits:*

- The Pearl™ Laser delivers noticeable results in just one treatment
- Some patients may require two treatments spaced approximately one month apart to achieve the desired results
- After you have completed the recommended treatment(s), patients will only need to follow up as needed (usually three to five years after treatment) to maintain the beautiful results
- To further maximize your results, you may wish to combine your Pearl™ Laser treatment with Laser Genesis and/or Titan™ Laser, as well Botox® Cosmetic and/or fillers such as Juvéderm™, Restylane® and Radiesse®

### *Duration of Treatment: 60–90 Minutes*

Following application of a topical anesthetic (45 minutes) each treatment takes approximately 15 minutes depending on the size of treatment area

### *Treatment Protocol:*

- Esthetic cleanse of face and neck
- Application of topical anesthetic

- Customized spa treatment ritual (during 30 minute wait time)
- Laser procedure (15 minutes)
- Icing (optional five minutes)
- Application of Aquaphor® ointment

### *Candidates:*

- Ideal candidates include those with sun damage, uneven skin texture, fine lines and wrinkles. The most common age group for this procedure is ages 25–60

### *Contraindications:*

- This procedure should not be administered to pregnant or breastfeeding (lactating) women
- If you have an active skin infection or eruption like Rosacea, you are not a candidate at this time
- Cannot treat over areas with tattoos or permanent make-up

### *What to Expect:*

- When the laser shines on the skin, patients will experience a series of brief pinches. On a scale of one to ten, with ten representing pain, most patients report the treatment at a two or three
- Protective eyewear will be given to you for the duration of the laser treatment
- If applicable, the beard area should be closely shaven prior to treatment as the hair will absorb the laser energy
- Immediately post treatment, your skin will feel like it is sunburned. This sensation will usually diminish upon application of Aquaphor® ointment
- You should see some improvement by day three or four when the superficial tissue has peeled off, revealing fresh, bright, healthy skin underneath

### *Downtime/Recovery:*

- Skin may be red and/or slightly swollen for the first three to five days and then turns darker as the skin begins to peel (usually within three to four days)
- You are able to continue your daily activities, however you may not choose to attend important social events
- Do not exercise or wear make-up until the majority of skin has sloughed (usually day four or five)
- **Avoid all forms of sun exposure** as you will not be able to wear sunscreen until the healing process is completed

### *Pre-treatment Guidelines:*

#### *Pearl™ Laser*

#### **Six to twelve months before treatment:**

- Cease use of Accutane
- Advise if you have ever had a cold sore (arrange for pre-treatment with Valtrex®)

**Four weeks before treatment:**

- If you have the tendency to hyperpigment we recommend a bleaching regimen at this point
- Stay hydrated! Drinking plenty of water before, during and after your treatment will assist with healing

**Two weeks before treatment:**

- Cease use of all retinols, Retin-A, Tazorac®, Differin®, and “anti-aging” products containing glycolic, alpha-hydroxy and beta-hydroxy acids
- Avoid all sun exposure and/or tanning beds
- Cease waxing and other hair removal procedures
- Avoid use of systemic steroids (prednisone, dexamethasone) throughout the course of your Pearl™ Laser treatments

**One week before treatment:**

- Cease the use of all exfoliants, including microdermabrasion treatments
- Order RX for Valtrex® pre-treatment

**One day before treatment:**

- All patients should start pre-treatment with Valtrex® one day before treatment. Take one pill two times per day for five days

***Post-treatment Recommendations/Prescriptive Care:  
Pearl™ Laser***

- Soak the treated area with a clean soft cloth and the following solution: one teaspoon of plain white vinegar to two cups water. This solution may be prepared ahead of time and kept in the refrigerator
- Over the counter medication such as Benadryl® (25 mg.) may also decrease some of the swelling and itching and Tylenol® may be used for discomfort, if necessary
- Apply Aquaphor® to treated areas three to four times a day or more if needed to maintain a continuous layer on your skin for the first three to four days. Be sure to thoroughly wash your hands prior to touching your face
- Hydrate: Remember to drink plenty of water post procedure as it assists the healing process
- Swelling may also occur. Sleeping on two pillows with your head elevated is helpful
- Do **NOT pick, rub, scrub or irritate your skin** in any way while healing to prevent scarring
- You may apply make-up after the majority of skin has sloughed (usually day four or five)
- Avoid direct sunlight and sun exposure for at least **three months** after treatment

*Daily Skincare Routine:*

- Washing at least twice daily with a mild non-soap cleanser such as Cetaphil® can be done in place of soaks. You can wash as early as the evening following your treatment
- Most skin care products can be used three weeks after treatment; however, avoid use of retinoids and topical corticosteroids for two weeks following treatment and avoid systemic steroids throughout the course of your Pearl™ Laser treatments
- Apply a neutral barrier cream without alpha hydroxy acids (such as Aquaphor®) as often as needed to help treat itching, dryness, flaking and dry crusting. These symptoms will gradually disappear
- Use a broad-spectrum sunscreen with an SPF of 25 or higher daily once skin has healed

*Product Recommendations:*

- Aquaphor® will keep sensitive spots lubricated; an over the counter antibiotic ointment may also be used
- Ask your esthetician for specific product recommendations (such as Epidermal Repair Cream)

*Follow Up Visit:*

- A follow up visit will be scheduled approximately one week post-treatment
- **Call the office immediately if you have any unexpected problems after the procedure**

*Return Visits Suggested:*

**Date:** \_\_\_\_\_

**Technician Name:** \_\_\_\_\_

**Notes:** \_\_\_\_\_

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