



Facial LASER Skin Resurfacing Recovery & Aftercare

Below is a guide of what you may or may not experience after your Pearl LASER treatment. Please note that not all patients see every reaction listed below.

First 24 hours

- Skin will feel sunburn hot for up to one hour post treatment
- Pinpoint oozing is likely to occur within 90 minutes of treatment. It will be most intense for the first 4 hours post intense for the first 4 hours post treatment and should resolve within 24 hours.
- Significant redness for about 5 days post treatment

1 – 3 days post treatment

- Swelling peaks at 2 to 3 days post treatment. Sleeping with your head elevated and avoiding bending and stooping may reduce swelling quicker. Paracetamol or ibuprofen may be used if needed.
- Significant redness for about 5 days post treatment

3 – 5 days post treatment

- Swelling will begin to subside (it can persist longer for patients with previous facial surgery or dermal fillers).
- Significant redness for about 5 days post treatment
- Face begins to peel (some patients report itchiness during this period, over the counter anti-histamines may be taken)

5 – 7 days post treatment

- Mild redness may persist for a few weeks (varies from patient to patient)
- Peeling should subside by 5 to 7 days
- Make up may be worn, mineral-based make up is preferable

Cleaning your face

- Cooled, boiled water may used to gently clean your face (do not scrub hard)
- Suitable alternatives include clean saline solutions or very dilute vinegar washes (1 teaspoon white vinegar per 2 cups water)

Moisturising

- Please wash your hands before applying any creams
- You will be given a post procedure lotion to take home with you, please apply as necessary.
- For the first week, please only use our recommended moisturiser
- It is **VERY IMPORTANT** to use a sunscreen with an SPF of 30 or above to prevent post inflammatory hyperpigmentation (darker uneven areas of pigment)

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Please DO NOT

- Put any other creams, ointments or products of any kind on the treated area until advised to do so by our staff
- Pick, rub, scrub, or irritate your skin while it is healing
- Expose the treated area to the sun (UVA exposure can cause skin to darken)
- You may shower but avoid soaps and hair products coming into contact with the treated area

When to call us

- Recurring redness – if the redness reduces and then increases again
- Persistent swelling – longer than 72 hours or not reducing
- Fever
- Intense itching – if it continues to feel very tight & itchy. (It is normal to feel some itching after LASER skin resurfacing.)
- Rash, pustules or pimples
- Cold sores (herpes) break out anywhere on the face