

THE PEARL

DERMATOLOGY

Ultrapulse TotalFX

The Ultrapulse laser is a revolutionary laser treatment to correct wrinkles, skin texture, acne scars, scars, tighten skin, and remove years from your appearance. It is a safe, effective, and more comfortable alternative to surgical procedures. The Ultrapulse laser has multiple modes called the ActiveFX and DeepFX. The ActiveFX treats the top layers of the skin to improve age spots and fine lines, while the DeepFX goes deeper into the skin to improve wrinkles, texture, and indented scars. When the ActiveFX and DeepFX are combined in a single treatment, the procedure is called a TotalFX.

The Ultrapulse ActiveFX, DeepFX, or TotalFx procedure is designed to give you significant improvement in the quality of your skin, but you hold the power to see your results enhanced and protected! By using topical products containing clinically proven active ingredients such as retinoids, peptides, growth factors and antioxidants as part of your daily routine, you will protect the investment you have made with us and continue to build upon the results of your procedure.

Pain Management

1. To keep you comfortable during the procedure, we prescribe oral prescription medications, such as Percocet and Ativan **to be taken in the office prior** to your procedure. As pain medication may cause nausea in some patients, Zofran is also prescribed.
2. Ultrapulse works by making micro-channels in the surface of the skin and stimulating collagen as the skin heals. These open channels can put your skin at risk for infections. Therefore, prophylactic anti-viral, anti-yeast, and antibiotics will be prescribed. Patients will be instructed to start the oral antiviral drug, Valtrex, one day prior to the procedure. All other prophylactics will be started the day of the procedure. All medications should be continued until completion. Please alert your healthcare provider of any medication allergies or contraindications.
3. All prescriptions will be sent electronically to a local pharmacy of your choice. **Please pick up your medications and bring them with you to your appointment.** Please take one pill of Valtrex (Valacyclovir) the day prior to your procedure. Do not take any other medications until instructed to do so by a member of our staff when you have arrived for your procedure.

Pre-Treatment Instructions

1. Avoid the oral acne drug isotretinoin for 6 months prior to treatment.
2. Discontinue indoor and outdoor tanning at least four weeks prior to treatment, during the treatment course and four to six weeks after treatment. Avoiding tanning will reduce the chance of skin color changes and manifestation of new pigmented lesions.
3. Wait a minimum of 2 weeks after Botox injections before having laser resurfacing.
4. If you have darker skin or have a tendency towards hyperpigmentation, we recommend using a skin-lightening product one month prior to treatment. Your healthcare provider will advise you whether a prescription or clinical grade over-the-counter option is best for you.

5. **If you are taking oral medication for this procedure, you must have a driver to pick you up and drive you home after your procedure because sedating medications are given during your treatment.** For your safety, we will escort you to your driver in a wheelchair. It is advisable to eat before coming in for your treatment.
6. When scheduling your treatment, our staff will also schedule a 15-minute Pre-op phone call with you 1 week prior to your appointment. Our Lead Medical Assistant will go over the procedure one more time and make sure all your questions are answered.

Pre-Treatment Skin Preparation

Using the proper skin care 7-14 days (about 2 weeks) prior to a cosmetic procedure creates a healthier skin that supports the renewal of skin post-procedure.

Morning:

1. Cleanse with EltaMD Gentle Cleanser
2. Apply 1 pump of Neocutis Bioserum to the treatment area
3. Apply moisturizer to the treatment area
4. Apply EltaMD Clear SPF 46 to the treatment area

Evening:

1. Cleanse with EltaMD Gentle Cleanser
2. Apply 1 pump of Neocutis Bioserum to the treatment area
3. Apply moisturizer to the treatment area

Treatment Day

1. If you are planning to have your eyelids treated, we ask that you do not wear contacts to your appointment. Please bring glasses with you. Contacts should be avoided after the procedure until the day after your treatment.
2. Please arrive with no makeup, mascara, or tinted products on your face or eyelids. We will have you change into a gown for the treatment.
3. Please leave jewelry at home or be prepared to remove it prior to the procedure. Come to the office 1 hour and 15 minutes prior to your scheduled procedure time so that there is time to change into a gown, wash your face, have photographs taken and have topical numbing cream applied to your treatment area for 1 hour.
4. The laser treatment takes 45 to 90 minutes depending on the extent of the treatment area.
5. After the laser treatment, a 20-minute LED light treatment will be performed to aid the healing process. You should plan to be at our office for 3 ½ to 4 hours.
6. In addition to the topical numbing cream and oral pain medications, injections of a local anesthetic (Lidocaine) will be performed by the treating physician to keep you comfortable. During your procedure, cold air may be felt on your skin as this is used to assist with the discomfort caused by heating of the skin.
7. If you are having your eyelids treated during the procedure, it is necessary for a metal eye shield to be placed under the eyelid to protect the cornea. Numbing drops will be used to assist in comfortable placement of the eye shields. Some people may feel a temporary stinging and irritation from the anesthetic drops. Rarely, the eye shields used may scratch or irritate the cornea, causing the feeling of a foreign body in the eye. Please inform your healthcare provider if you experience this feeling. **If you**

have had Lasik surgery in the last year you are not a candidate for Ultrapulse ActiveFX, DeepFX, or TotalFx of the eyelids.

Possible Risks & Complications

It is normal to have redness, swelling, oozing, and pinpoint bleeding after your procedure. The degree of these expected side effects after your procedure depends on how aggressively we treat the area during your procedure. In general, higher energy and density settings on the laser translate to better results, but also more downtime. Most people will experience oozing and bleeding for the first 1-3 days. There will be marked swelling of the treated areas. If the eyelids are treated there will be swelling around the eyes to the point where the eyes may be “swollen shut.” By days 5 to 7, there may still be redness and swelling, but usually the oozing and crusting has subsided. Redness may persist for weeks to even a few months. Patients may wear makeup to cover the redness once instructed by their healthcare provider. If you have not already seen pictures of a typical post-laser course of healing, please advise your healthcare provider to show you. Although uncommon, any procedure that punctures or breaks the surface of the skin carries a risk of a secondary infection.

Suggestions to help reduce swelling:

1. Cool compresses or ice packs can be used to sooth the treated areas. Ice packs can be made by putting ice in a zip lock bag and wrapping it in a moistened washcloth. We recommend icing the face for 5 to 10 minutes at a time, every 1 – 2 hours.
2. Benadryl 25 mg may be taken at bedtime for the first 2 nights to help decrease swelling. Zyrtec or Allegra may be taken during the day, as it should not make you drowsy.
3. Elevate the head of your bed or sleep with several pillows the first few nights after the procedure to help decrease swelling.
4. Stay well hydrated during the healing phase. Drink lots of water and avoid dehydrating beverages such as coffee and alcohol for 3-4 days. Avoid excessive salt in-take.

Post-Procedure Instructions

You will be coming in for a series of LED light treatments after the laser treatment. These light treatments speed up the healing process, drastically reduce pain, redness, swelling and downtime and enhance the results of the procedure by building collagen. During these visits, you will also get a chance to follow up with your healthcare provider. **You will be given detailed instructions on wound care at certain stages in your healing process** and the physician will review which products you should be using.

Appointments will be made for you on the following checkpoints:

- 1 week prior to treatment day. Pre-op call with Pearl Lead Medical Assistant.
- The day after your procedure or Day 1. Follow-Up and LED light treatment.
- Day 3 post-procedure. Follow-Up and LED light treatment.
- Day 7 post-procedure. Follow-Up and LED light treatment.
- 1-month and 6-month post-procedure. This is where before and after photos will be compared and you will be able to discuss your results with the physician. Please keep in mind that results can continue to improve after this appointment as your skin will continue to stimulate collagen for up to a year post-treatment.

Tracy M. Katz, MD FAAD

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These visits are designed to keep you on track with your wound care and monitor your progress. As such, they are complimentary.

Recommended Pre- and Post-Procedure Products

1. EltaMD Gentle Cleanser
2. EltaMD Moisturizer
3. Neocutis Biocream or Neocutis Bioserum
4. Stratamed Gel
5. Avene Cicalfate
6. Prescribed steroid ointment
7. Mineral based sunscreen: EltaMD Clear, Neocutis Journee, and/or Colorescience Sunforgettable
8. Lasercyn Dermal Spray

At Home Wound Care Instructions

The first few days:

In the first few days after your procedure when there are pinpoint open wounds from the laser, the risk of infection is greatest. This risk is reduced by meticulous cleaning of the skin with vinegar water-soaked gauze compresses. The acidic pH and cleaning away of dried blood reduce the chance of infection. Please have several bottles of water, a bottle of distilled white vinegar, and a pack of gauze on hand.

Instructions for mixing vinegar water:

1. Open an un-used bottle of each: one 16 oz bottled water, and one white distilled vinegar.
2. Pour 2 tablespoonful of water out of the bottled water, and then add 2 tablespoons of vinegar.
3. Shake gently to mix.
4. Mark the bottle with a marker as “vinegar water” to avoid confusion.

Instructions for cleaning the skin with vinegar water gauze compresses for the first 2 days:

1. Wash hands thoroughly with soap, rinse and dry before each wound care session.
2. To make vinegar soaks, place 10 gauze pads inside a clean container, carefully add vinegar water until all the gauze pads are saturated.
3. Designate the non-dominant hand as the “clean” hand for retrieving wet gauze, and then transfer the gauze to the dominant hand for cleansing.
4. Use the gauze to blot off oozing/bleeding, while using gentle pressure. Make sure that vinegar water is in contact with the skin for at least 5 minutes. Soak longer for area with crusting. Pat dry.
5. Apply a thin layer of Stratamed followed by EltaMD Moisturizer to the treated area. Use a q-tip to get ointment into crevices of the eyelids, corners of the mouth, and sides of nose if treated.
6. Repeat vinegar wash every 2 – 3 hours during the first 24 hours. Set alarm to wake up at least once during the first night for cleansing. Continue to wash twice a day for one week. Re-apply Stratamed and EltaMD Moisturizer after each vinegar soak.

Days 3, 4, 5, 6,7:

After the oozing and crusting has stopped and the microscopic channels made by the laser have healed, the skin will still appear red or pink for a while, sometimes even several weeks or months. The following are recommendations for skin care during this phase for morning and evening applications.

1. Twice a day, wash the treated areas with your EltaMD Gentle Cleanser.
2. After cleansing, apply a layer of the Stratamed followed by your prescription steroid ointment (steroid use only on days 3,4,5,6,7) to the treated area.
3. The skin will be drier than normal for a while, so it is important to use the EltaMD Moisturizer.
4. You may wear mineral-based sunscreen such as EltaMD Clear, Neocutis Journee, and/or Colorescience Sunforgettable and makeup starting day 7 or sooner if advised by your healthcare provider.

Weeks 2-4:

During this time, your skin is more sensitive. We recommend avoiding scrubs, toners, peels, retinols, or alcohol containing skin care products during this period.

1. Twice a day, wash the treated areas with your EltaMD Gentle Cleanser.
2. At this period, it is safe to begin to use gentle antioxidants which are alcohol free such as SkinCeuticals Phloretin, growth factor serums (Neocutis Bioserum or Neocutis Biocream) can also be used twice a day.
3. After cleansing and applying any antioxidants or growth factors, please apply a layer of the Avene Cicalfate to the treated area.
4. The skin will be drier than normal for a while, so it is important to use the Avene Cicalfate as much as needed throughout the day.
5. Please wear a mineral-based sunscreen such as EltaMD Clear, Neocutis Journee, and/or Colorescience Sunforgettable.
6. Most patients can apply make up at 7-10 days post treatment. Your healthcare provider will inform you when application may resume.