

THE PEARL

DERMATOLOGY

Candela VBeam PDL (Pulsed Dye Laser)

PDL stands for Pulsed Dye Laser. The PDL laser is designed to help treat redness, rosacea, broken blood vessels, cherry hemangiomas, vascular birthmarks, red scars, and warts. The spot size, energy level, and pulse width are specifically adjusted for each patient. This laser sprays cold air prior to treating the area, which makes it more tolerable than other laser treatments. No numbing is required or necessary for this laser. PDL is usually done in a series of treatments with anywhere from 3 to 5 treatments, every 4-6 weeks, however, this number may vary based on the condition being treated.

Pre-Treatment Instructions

1. Avoid extensive sun exposure, harsh acids, exfoliants, and retinols about 1 week prior to treatment.

Treatment Day

1. At your first appointment, please arrive 15 minutes prior to your appointment time so that we have time to grab photographs of the treatment area and to clean your skin for the treatment.
2. We recommend that you wear comfortable clothes to your appointments. We offer a disposable gown and a headband if needed.
3. Your treatment may take between 15 minutes to 2 hours, depending on the area treated.
4. After your treatment, we will apply sunscreen to the treated areas.

Post-Treatment Instructions

1. It is normal for some red spots to appear bruised or a dark purple. Do not rub, scratch, or pick at the treated area while the bruising/red discoloration is present. If the treated area becomes tender or shows signs of infection, contact our office immediately.
2. Apply Vaseline or Aquaphor ointment to the treated area up to twice a day. For bigger areas being treated like full face, gentle moisturizers like Avene Cicalfate or Neocutis Biocream Firm are recommended to be used twice a day. It is important to keep the area moisturized for the best results and overall healing.
3. You may apply makeup immediately after treatment and practice gentle skincare for about a week after treatment. Avoid any exfoliants, retinols, and harsh acids for about a week after treatment.
4. We recommend All Calm by Colorescience which is available in our office as a serum and as a sunscreen. This product contains ingredients that have been shown to be clinically beneficial in reducing the redness for patient's post-procedure and with daily usage.
5. As always, wear sunscreen daily and reapply if you know you will be exposed to extended periods of sun.

Possible Risks & Complications

Side effects include redness, swelling, bruising, hyperpigmentation, a temporary burning sensation and blistering. If you get a blister, you should call the office and contact your healthcare provider as blisters can leave a scar.

Recommended Post-Procedure Products

1. EltaMD Foaming Facial Cleanser
2. Avene Cicalfate
3. Neocutis Biocream Firm
4. Colorescience All Calm Serum
5. All Calm SPF 50
6. EltaMD Clear/EltaMD Daily
7. SkinCueticals Phyto Corrective Serum or Masque