



BEAUTY AESTHETICS. TRAINING

Plasma Fibroblast Aftercare

Before the Treatment:

- We recommend you avoid sun-tanning, spray-tanning, tanning injections and sun beds for 4 to 6 weeks before your treatment. Ideally, we recommend using SPF30+ to prep your skin for 2 to 4 weeks before your treatment, especially if you are naturally darker-skinned.
- Avoid any other type of procedures for 3-4 weeks on the same area which you intend to have treated, such as laser therapy, chemical peels, Botox/fillers, as this may prevent your treatment from being performed.
- Discontinue any use of topical Retin-A products a minimum of 4 days prior to treatment.
- Remove contact lenses and any eyelash extensions prior to treatment if working on the eye area.
- We recommend taking a high dose of Vitamin C supplements along with Magnesium Citrate, Zinc, and Copper 2 weeks before treatment and 12 weeks over the course of the healing process as this will help give your immune system a big boost. In turn, this helps you to repair

and helps avoid hyperpigmentation.

- Set up an area in your bathroom that is clean to apply aftercare products to your skin that were provided.
- You may want to use eye drops if the eyes feel irritated. If doing so, tip your face so that the eye drop comes out by the nose, use a tissue to gently blot in order to avoid getting the area treated wet.

Immediately Following Your Treatment:

- **Once the scabs come off, you absolutely MUST now begin to apply the Zinc SPF 50 while your skin is in the healing stages (pink in color) and you should continue to use at least a SPF 30 for at least the next 12 weeks (and ideally longer).** The area(s) treated have produced brand new skin and may burn and/or pigment without adequate protection from the sun. Even just 5 minutes of sun exposure, cloudy days or sunlight coming in the windows can cause a risk of pigmentation on new healing skin so keep Zinc SPF 50 on at all times while
- We recommend NOT exercising straight after treatment because any heat, steam, or sweat could add to the inflammation already present. Ideally, you want to avoid excessive sweating for 5-7 days during the healing process.
- We recommend you do not wear makeup in the area treated during the 5-7 day healing process because the application and/or removal of makeup could prematurely disrupt the scabs before they are ready to flake off.
- **Do NOT wash or get water over the treated areas until the scabs are off.** Use the Gentle Cleanser provided to clean areas of the face or neck not treated UNTIL the scabs come off. This is considered a "dry heal". If the area becomes wet while showering, gently blot dry.
- Stay away from heat & steam for the next 2 weeks while the skin may be pink and very sensitive.
- Swelling and inflammation for 1 to 5 days post-treatment is normal. If swelling lasts beyond 5 days, contact your treatment provider.
- **Do NOT take any anti-inflammatory medicine, allergy medicine, Advil or ibuprofen for 2 weeks after your treatment.** Tylenol is acceptable if needed. •

- Use ONLY fragrance-free detergent and fabric softener on bedding post-treatment. NO dryer sheets of any kind.
- After treating areas of the face, we recommend you **sleep on your back with your head elevated to minimise swelling** . If you have received treatment to your eye area, then it is important you sleep slightly elevated for up to 7 days as this can greatly reduce swelling. •
- If you don't sleep on your back, change your pillowcase every day or every other day for 1 week post-treatment. It's important to keep chemicals and oils from hair away from the area treated while keeping the skin as clean as possible.
- Keep your hair pulled back to keep off treated area while healing.
- We recommend that you do NOT apply cold packs or ice packs during the swelling period. Icing will diminish the outcome and inhibit the inflammation process that we want to happen naturally. Applying cold or ice packs on the skin could interfere with the mechanism of action performed by the device and the skin's natural heat and healing process to achieve the desired result. Swelling is a minor inconvenience to achieve the desired outcome.
- You may experience a "stinging" sensation in the treated area(s) immediately after treatment and up to 24 hours after treatment. This is normal and is simply the heat exiting the skin. It generally only lasts for about an hour or so. The hot feeling on the area treated can be felt up to 24 hours post-treatment, this is normal.
- It is highly unlikely you will ever get an infection from a Plasma Pen treatment as the wound we cause is not open. However, the first 12 hours post-treatment is of vital importance in protecting you from any kind of potential infection so please avoid any activities where you could expose yourself to contaminants, meaning going to the gym, public places where you can pick up germs by touching things then touching your skin.

In the Following Days After Your Treatment:

- It is normal for the area that has been treated to feel tight and dry. Occasional weeping will settle, tiny crusts will quickly form on the treated area. These may be visible for up to about a week. The crusts/scabs will become darker before they fall off.

- Do NOT pick crusts off as this will delay the healing process and could cause scarring.
- If washing your hair after treating areas on the face, we advise you do NOT stand with your face under a hot shower or direct water from the shower head for the first 7 days. This could increase swelling. Try to avoid shower gels or hair products running on to your face as this could cause irritation. If water does get on the area treated, blot very gently with a clean cloth or towel.
- Shaving in the area treated should be avoided until it is fully healed.
- If you have had treatment around your eyes, you should avoid wearing contact lenses for 72 hours after your treatment.
- When the crusts have fallen off then your skin may be a little pink as it is fresh, new and rejuvenated baby skin. This pinkness will fade over time in as little as 2 weeks up to a few months. In rare cases it may take up to 6 months.

Other Important Aftercare Recommendations:

- Avoid smoking and alcohol for at least 24 hours.
- Taking Vitamin C supplements over the course of your healing process can give your immune system a big boost and help you to repair.
- Any additional treatments that may be required must only be performed once the skin is completely healed and has returned to its normal colour. This usually takes about 12 weeks.
- Use of topical Retain A products should be avoided for 4 weeks.
- Fibroblast treatment is the gift that keeps giving and, on top of the immediate rejuvenation, lifting and tightening affects you will likely experience, it can take 8 to 12 weeks for the full effects of your treatment to be seen. You may not actually require further treatment once the effects of your original treatment are more determinable. Please note that if you do require a longer period of time between treatments then the delay will not alter the outcome/results.

Recovery

Once the procedure is completed, you can expect the small dots to scab over and fall off after about 1 week. Over the next couple of weeks, as your skin heals, it should appear tighter and firmer.

Downtime may include:

- Redness, swelling and scabbing in the treatment area
- Average of 8 days downtime on the face and neck areas
- Average of 10 to 14 days on the body, depending on the area being treated and the intensity of the treatment
- Swelling usually begins the day following your treatment, and peaks around day 3
- After day 3, swelling subsides and scabs form.
- Tiny red dot scabs will form and normally begin to fall off around day 6 and 7 (for face and neck)
- Please be aware that the days indicated are simply guidelines for average healing time. Healing time and results may be negatively compromised by not following the aftercare guidelines. If your health is compromised in any way, this can also extend your healing time and negatively affect your results.