FIBROBLASTING PRE AND POST CARE INSTRUCTIONS

BEFORE YOUR TREATMENT

1. Avoid any kind of tanning (Spray tanning, tanning injections, sun tanning and tanning beds) for 2 to 4 weeks before your treatment. Ideally, you should try to use SPF5O to prep your skin for 2 to 4 weeks before your treatment, especially if you are naturally darker skinned. You may even wish to consider using a natural Tyrosinase Inhibitor to helps ensure there is no overproduction of pigment in the skin aka hyperpigmentation.

2. Avoid any other type of procedures on the same area which you intend to have treated with Plasma Pen
• No facial acids 14 days before or 21 days after Plasma Pen.
• No Botox or fillers 21 days before or after Plasma Pen.
• No Micro needling/PRP 21 days before or after Plasma Pen.
• No laser or peels (depending on intensity of peel) for 90 days before or after Plasma Pen.
• Surgical procedures like face lifts you must wait at least 9 months postop/before Plasma Pen.

IMMEDIATELY FOLLOWING TREATMENT

1. You may experience a “stinging” sensation in the treated area(s) immediately after treatment. This is normal and it generally only lasts for about an hour.

2. If the treated area is swollen, you may apply ice packs covered with a clean cloth. Avoid taking anti-inflammatory medications like aspirin, ibuprofen or steroids if possible.

3. If you are receiving a Plasma Pen treatment anywhere on your face or neck, we recommend you sleep on your back with your head elevated to reduce swelling.

4. Do NOT cleanse the treated area until the following day.

5. Do NOT exercise 48 hours after treatment or expose yourself to any heat, steam or sweat because this can intensify the inflammation that’s already present.

6. Your technician will provide you with after care products and instructions. You must follow the provided aftercare

protocol to expedite the healing process and avoid complications.
7. The area that has been treated must NOT be covered with occlusive dressing or any type of sunblock, make-up, mascara, creams or any other products until the area has fully healed.

8. 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 vital that you could expose yourself to contaminants.

9. You may return to work the following day. However, you will not look your absolute best during the initial healing
process (approximately 7 days).

10. Expect redness, swelling and inflammation for the first 1 to 5 days post-treatment. This is normal but will usually be of a very minor nature.

FOLLOWING DAYS AFTER TREATMENT

1. It is normal for the area that has been treated to be red/pink, swollen and feel tight and dry. Occasional weeping is normal and will settle.
2. Tiny crusts will quickly form on the treated area. These may be visible for up to about a week.
3. Do NOT pick crusts off as this will delay the healing process and could cause hyperpigmentation and scarring.
4.The area(s) treated may be cleansed daily with room temperature water and your fingers. Avoid using washcloths or any other washing devices. Do NOT be tempted to rub, brush or exfoliate the area in any way to aid in the removal of the crusts.
5. Do NOT stand with your face under a hot shower for the first 3-4 days. This could increase swelling. Try to avoid shower gels or hair products running on to your face as this could cause irritation and inflammation.
6. Avoid swimming or chlorinated water as it can increase irritation.
7. Keep scabs/crusts moist by applying provided aftercare three times a day – but only in small amounts, do not soak the area.
8. Men should avoid shaving the treated area until it is fully healed.
9. If you have had treatment around your eyes, you should avoid wearing contact lenses for 72 hours after your treatment.
10. Once the scabs have fallen off (approximately 7 days), your skin may be a little pink. You may begin to apply your normal foundation /make-up/sunblock but avoid using skincare products containing glycolic/salicylic/retinoic/AHA/ scrubs/Clarisonic or any other active exfoliating ingredients/devices for at least 21 days, as this will cause irritation. ABSOLUTELY NO MAKEUP UNTIL SCABS HAVE FALLEN OFF.
11. Avoid sun exposure. Once the scabs have fallen off, you must wear a physical sunblock (zinc & titanium) and a hat while your skin is in the healing stages (pink in color) and you should continue to do so for at least the next 12 weeks to avoid hyperpigmentation.
12. Do NOT sunbath/sun tanning beds for 10–12 week post proced
13. Do NOT have any other facial treatments in the same treatment area while your skin is healing (12 weeks).
14. Do NOT wax treatment area for at least 21 days, if not longer. If you are receiving Plasma Pen treatment anywhere around the eyes, I would wait the full 12 weeks. It will be ok to tweeze or thread any unwanted hairs after scabs have fallen off the area.