



Fine Line Natural Beauty

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PLASMA PEN AFTERCARE & POST TREATMENT GUIDELINES

This is a generalised aftercare form for Plasma Pen Treatments. Your procedure will vary from person to person.

If you have any concerns after your treatment or if you do not understand any area of your aftercare or if you have additional questions, then please do not hesitate to contact us.

Like most skin rejuvenation treatments, there may be some side-effects and down time. You may not look your absolute best during the initial healing process that can last up to usually 10 days.

It is highly unlikely you will ever get an infection from a Plasma Pen treatment as the carbon dot does not create an open wound. However, it is still vitally important that you protect the area for the first 12 hours post treatment from any kind of potential infection, so avoid any activities where you could expose yourself to contaminants such as public places like the gym where you can pick up germs by touching things then touching your skin.

Remember we are not in control of what you do when you leave, but it is important that you follow these important guidelines carefully if you wish to enjoy optimal results and protect your investment in Plasma Pen treatment.

BEFORE YOUR TREATMENT:

- For best results avoid smoking and alcohol before and after treatments. Maintain a nutritious diet low in carbs.
- We recommend you avoid sun-tanning, spray-tanning, tanning injections and sunbeds for 4 to 6 weeks before your treatment. Ideally, we recommend using SPF-40 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 a Pre-Treatment product using a Tyrosinase Inhibitor as this can help prevent overproduction of pigment in the skin. Tyrosinase Inhibitors are not just useful for those who suffer from hyperpigmentation but for all clients – even those with healthy, even skin.

- Avoid any other type of procedures for 3-4 weeks on the same area which you intend to have treated with Plasma Pen, such as laser therapy, chemical peels, Botox/fillers, as this may prevent your treatment being performed.
- Discontinue any use of topical Retin-A products a minimum of 4 days prior to treatment and 4 weeks after the treatment.
- If treatment is occurring around your eyes, please remove contact lenses and any eyelash extensions prior to treatment and avoid wearing contact lenses for 72 hours after your treatment.
- You may want to use eyedrops if the eyes feel irritated. Make sure to use a fresh bottle eye drops or use the single portion sterile drops.
- If you have ever had cold sores it is advisable to take Lysine 5 days prior to the treatment. A double dose on the day of the treatment and the day after. Then continue to take the Lysine on a normal dose for an additional 5 days after.

AFTER YOUR TREATMENT:

- DO NOT exercise straight after a treatment because any heat, steam or sweat could add to the inflammation already present and avoid excessive sweating for 10 days
- Do not wear makeup in the area treated during the 4–10-day healing process because the application and/or removal of makeup could prematurely disrupt the scabs before they are ready to flake off.
- We recommend applying small amounts of healing cream given to you on the day to use, this will soothe inflamed skin and help it to heal if needed. We prefer a dry healing process
- We recommend the only products you use during the 2 weeks post treatment healing stage are the products we recommended to you.
- It is important use un-opened products until the skin is healed.
- Use chemical free sunblock after the first 2 -12 weeks.

- Do NOT wash or get water over the treated areas until the scabs are 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 overly sensitive
- There may be some mild to moderate swelling to the area(s) treated, especially around the eyes and within the periorbital region then moderate to excessive swelling is expected and common.
- Swelling and inflammation for 4 to 10 days post-treatment is normal. If swelling lasts beyond the 10 days and you are worried please contact us.
- 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. Please change your pillowcase every day or every other day for 1 week post treatment.
- It is important to keep chemicals away from the area treated while keeping the skin as clean as possible.
- Keep your hair pulled back to keep off your area while healing.
- 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 healing process and may inhibit optimal desired result.

- 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.
- After treating areas of the face, we recommend you sleep on your back with your head elevated to minimize swelling. If you have received treatment to your eye area, then it is important you sleep slightly elevated for up to 10 days as this can greatly reduce swelling.

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 a week. The crusts/scabs will become darker before the fall off.

Plasma Pen 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 healing time between treatments then the delay will not alter the outcome/results.

- DO NOT pick crusts off as this will delay the healing process and could cause scarring.
- DO NOT use any lotions or creams that are not provided for the next 2 weeks. • ONLY use the products you are sent home with for the next 2 weeks. The area must be kept free of oil to help the crusts form and then fall off the skin naturally.
- Do NOT rub or abrade the area(s) or use exfoliating products. This could result in scarring and/or pigmentation.

- 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 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.
- When the crusts have fallen off your skin may be a little pink. 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.
- Once the scabs come off, you MUST now begin to apply SPF 50 while your skin is in the healing stages (pink in colour) and you should continue to do so 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 while indoors - if your home has sunlight coming in the windows and you cannot block the light, apply SPF 50. skin and protect from hyperpigmentation.
- SPF 50 should be worn before going outside, even with 5 minutes of sun exposure, as well as overcast days. Indoor lighting can cause risk of pigmentation on new healing skin.
- You MUST NOT use saunas or sunbeds for 12 weeks
- All other facial treatments on the same area should be avoided while your skin is healing.
- 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.