



*Executive Skin & Laser*

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## **PLASMA PEN PRE-TREATMENT and POST-TREATMENT GUIDELINES**

Please ensure you read and follow the advice provided. If you have concerns or questions before or after your treatment, please contact your technician - **Nora Magnuson, text (727) 460-0500 or office (727) 772-1500.**

Like most skin rejuvenation treatments, there may be some side-effects. The post-treatment downtime and recovery from Plasma Pen - plus the end result - is frequently shown to be far superior to treatment with other devices. However, we are not in control of what you do when you leave, and you **must follow these important guidelines carefully** if you wish to enjoy optimal results and protect your investment in Plasma Pen treatment.

### **Before Your Treatment:**

- 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.
- 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.
- Remove contact lenses and any eyelash extensions prior to treatment.

### **Pre-Treatment Checklist:**

- 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. **Emergen-C is a great option.**
- Set up an area in your bathroom that is clean to apply products to your skin that were provided. Have some Q-tips available if the eye area is treated to clean the eyelashes without getting the area treated wet.
- You may want to use eyedrops if the eyes feel irritated. If doing so, tip your face so that the eyedrop comes out by the nose, use a tissue to gently blot in order to avoid getting the area treated wet. Make sure to use a fresh bottle eye drops or use the single portion sterile drops.

## Immediately Following Your Treatment:

- We recommend applying a **SMALL** amount of Silver Gel (morning, noon and evening) to soothe inflamed skin. Depending on the humidity in Florida, 2 times per day may be enough during summer. Consider the treatment a “dry heal”.
- Only use the products provided in your aftercare kit during the 2 weeks post treatment.
- Do **NOT** wash or get water over the treated areas until the scabs are off. Use the facial sponge with the face wash 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.
- We recommend **NOT** exercising straight after a 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.
- 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 1 to 5 days post-treatment is normal.** If swelling lasts beyond the 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. Please change your pillowcase every day or every other day for 1 week post treatment. It’s important to keep chemicals away from the area treated while keeping the skin as clean as possible.
- **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 48 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 7 days as this can greatly reduce swelling.
- 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 the 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 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.
- **Absolutely 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.
- 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.

### **After the scabs have fallen off:**

- **Once most of the scabs have all fallen off, use the sterile saline wipes gently over the area treated to clean the skin.**
- **Apply Silver Gel wait a few minutes and apply Barrier Crème.**
- **In the morning and evening- ALWAYS apply Silver Gel & Barrier Crème while indoors during the daytime.**
- **When going outside- you absolutely MUST apply SPF 50. By that – 5 minutes or more of sun expose, as well as overcast days. 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 (and ideally longer)**

### **Tips for the Weeks Following Treatment:**

- You absolutely must NOT use saunas or sunbeds during your 12-week healing period.
- **Avoid the midday sun.** All other facial treatments on the same area should be avoided for 12 weeks.
- Use of topical Retin A products should be avoided for 4 weeks.
- When the scabs have fallen off then your skin may be a little pink as well as little dots on the skin as it is fresh, new, and rejuvenated baby skin. This pinkness and dots will fade over time in as little as 3 weeks up to a few months. In rare cases it may take up to 6 months.

### **Other Important Aftercare Recommendations:**

- Avoid smoking and alcohol
- 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 color. This usually takes about 12 weeks.
- Plasma Pen treatment is the gift that keeps on giving. On top of the immediate rejuvenation, lifting and tightening affects you will likely experience, it can take 3 – 6 months for the full effects of your treatment to be seen.