

Pre and Post Care Information Sheet

Pre Plasma Fibroblast Treatment Recommendations

- Do not wax, pluck, use depilatory creams or undertake electrolysis for 2 weeks prior to treatment, and in between treatments.
- Do not use prescription strength exfoliant creams (Retin-A and Alpha Hydroxy) for 2 weeks prior to treatment
- Do not shave for up to 1 weeks prior to first treatment. Please shave the night before all subsequent treatments.
- Avoid tanning, including self-tanning lotions, tanning bed/booths or sun exposure, for 4 weeks prior to and in between treatments. A sunscreen with SPF 30 or greater should be used on any area of sun-exposed skin, which you plan to treat

Post Fibroblast Treatment Recommendations

- Do not get the treatment area wet for 48 hours
- Do not apply any cosmetic or cosmeceutical products on the tx area for 48 hours except DermaHeal, use as long as required for relief
- A mild sunburn-like sensation is anticipated. This usually resolves within 2-3 hours of treatment but may persist for up to 2 days.
- Avoid sun exposure to treated areas. Apply a sunblock with SPF 30 or greater daily to sun-exposed treated areas between treatments and for 4-6 weeks after last treatment
- Bathe or shower as usual. Treated areas may be temperature sensitive. Avoid use of strongly scented lotions or soaps, prescription strength exfoliant creams, loofah sponges, and aggressive scrubbing to treated areas during healing phase
- Allow any blistered or open areas to heal spontaneously. If healing is delayed, a thin coating of antibiotic ointment may be advised. Do not pick at these areas. Picking may result in infection or scarring. Allow any crusting to heal spontaneously, crusting will resolve in 3 to 14 days. Application of antibiotic ointment is not recommended for crusting
- Best results are obtained on clients who have follow up treatment 3-6 months after their initial treatment. Your clinician will advise you when you should schedule your next appointment. It is important to adhere to this regime

Pigmented Lesions Post Treatment (Age Spots)

- A mild sunburn-like sensation is expected. This usually lasts 2 to 24 hours but can persist up to 72 hours. Mild swelling and/or redness may accompany this, which usually resolves in 2 to 3 days. In some cases, prolonged redness or blistering may occur
- The lesion may initially look raised and/or darker with a reddened perimeter. Apply cool/ice compresses to treatment areas for 10 to 15 minutes every hour for the next 4 hours, as needed, to reduce discomfort and heat sensation
- The lesion will gradually turn darker over the next 24 to 48 hours. It may turn dark brown or even black.
- The lesion will progress to scabs/crusting and will start flaking off in 5-15 days
- The lesion is usually healed in 3-20 days. It will continue to fade over the next 2 to 4 weeks
- Direct sunlight to the treated area should be avoided. Daily application of a SPF30 is recommended to prevent development of new lesions

Vascular Lesions Post Treatment Recommendations (Capillaries, Spider Naevus, Angioma)

- Mild sunburn-like sensation is expected. It usually lasts 2 to 24 hours but can persist up to 72 hours. Mild swelling and/or redness may accompany this, which usually resolves in 2 to 3 days. This can be treated with cold packs
- Apply cool/ice compress to treatment areas for 10 to 15 minutes every hour for the next 4 hours, as needed, to reduce discomfort and heat sensation
- The vessels may have micro-crusting and scabbing which falls off within 1-2 weeks after the treatment
- The treated area can be gently cleansed and topical bactericidal ointment can be applied if needed
- The vessels undergo immediate greying or blanching. In some cases, only a slight purplish change is noted. Vessels either fully or partially resolve in about 10 to 14 days and areas of diffuse flushing gradually fade leaving skin with normal appearance.

IMPORTANT With all Plasma treatments described above, the following recommendations apply:

- Until redness has completely resolved, avoid all the following:
 - X Applying cosmetics on treated areas
 - X Swimming, especially in pools with chemical/chlorine
 - X Hot tubs and Jacuzzis
 - X Activities that cause excessive perspiration
 - X Avoid sun exposure to treated areas
 - Do not pick, scratch or remove scabs as this will cause unwanted side effects
 - Apply a sunscreen with SPF 30+ daily to sun exposed skin, AND REAPPLY AS DIRECTED BY PRODUCT INSTRUCTIONS
 - Increased photosensitivity to UV can occur when taking certain medications. During your treatment programme, if you have commenced or changed dosage with the following medications, you must advise your clinician:
 1. Antibiotics – doxycycline (acne), minocycline, Tetracyclines, Sulphonamides
 2. Antihistamines – Diphenhydramone, Cyproheptadine
 3. Antidepressants
 4. Herbal preparations – St Johns wort, Ginkgo Biloba, citrus oils, Herbal HRT therapies
- Taking these medications does not exclude you from plasma treatments; however, extra precautions are applicable in these cases

For any questions, concerns or bookings please contact our salon on 0262957072
In the event of an emergency contact your local doctor.

Healing Process for Plasma treatments:

Day 1: The swelling peaks the day following the treatment there is the peak of swelling. Some clients might find it harder to open their eyes as soon as they get up in the morning the first day following the treatment. Gradually, throughout the day the swelling will subside slightly. Discomfort, pain and slight discharge can occur, but this is normal.

Day 2: The swelling is the same or slightly less than the previous day (Day 1). The swelling peaks soon after waking up and subsides slightly throughout the day. Sometimes swelling also spreads to the eye-bags even if no plasma aesthetic treatment was carried out on the lower eyelids, this is normal because the upper eyelid communicates with the lower eyelid and some fluid inside the upper eyelid can spread to the eye bags. This is normal, and this undesired swelling of the lower eyelid will subside over the following days.

Day 3: The swelling peaks at this day and the spots where the electrical plasma was applied will start turning into scabs. The scabs must not be picked and should fall off on their own accord. No further pain should be experienced on the third day following the treatment. For those people who experience eye-bag swelling, this should still be present during the third day.

Day 4: No discomfort or pain should be felt fourth following the treatment. Some residual minor swelling can still be on the upper eyelids. No more pain or discomfort should be felt.

Day 5: All swelling should have subsided, and some scabs may still be present. The minor swelling on the eye bags should have almost subsided.

Day 6: The scabs should have started to fall off. In most cases during Day 6 people will struggle to tell whether any aesthetic treatment has ever been performed.

Day 7: Almost all scabs should have fallen off. At this point it is ok to start using total physical sunscreen and apply make-up as usual.

Week 2: The area although has healed it may feel more tender to the touch than usual and people may experience a stinging sensation while applying creams or washing normally. The area may look pinker than usual.

Week 3 and 4: The area may be still slightly tender and pinker than the rest of the area.

Month 2: Tenderness should have subsided, and area should have fully blended with the surrounding skin.

Month 3-6: Reschedule appointment for next treatment