

Aftercare & Advice: Plasma Fibroblast Therapy



Immediately following Your Treatment (First 24 to 48 Hours):

- You may continue with your daily activities as normal and you will be physically fine to return to work although you obviously may not look your absolute best during the initial healing process (usually 3 to 7 days) while your new neo-epidermis is forming
- Your Plasma Pen technician should be able to offer you a tinted after-care balm with SPF50 which can provide camouflage and can be used immediately after your treatment. We don't recommend oily skinned clients use this product however as they may heal slower already so this product could inhibit their recovery
- We recommend all clients apply small amounts of Plasma Pen Silver Colloidal Gel with Aloe Vera, up to 3 times per day, until scabs have formed and then flaked off. This gel is a powerful and natural anti-bacterial/anti-viral product where the two main active ingredients (colloidal silver and aloe vera) work in tandem to soothe inflamed skin and heal it fast. Once applied and left to dry the gel leaves a protective coating designed to act as a barrier against infection and it helps speed up skin healing. Its primary ingredients offer amazing skin protection benefits including tissue healing, anti-inflammatory properties, sun protection, improved skin metabolism, increased moisture retention and disinfectant properties. It also provides relief from possible itching and helps expedite a scar free healing process. The alternative of leaving a scab to continually dry out naturally can mean that the healing process takes longer and the longer the healing process then the higher the chance of scarring (although with our exclusive device and nano-probes; scarring isn't an issue)
- There may be some mild to moderate swelling to the area(s) treated, especially around the eyes and within the periorbital region (if that is where you have had a procedure)
- Swelling and inflammation for 1 to 5 days post-treatment is normal and indeed desirable given the inflammatory response we are often trying to stimulate but this will usually be of a very minor nature and is to be expected. Swelling is mostly applicable/common to blepharoplasty treatments
- If the treated area is swollen then you may apply ice packs covered with a clean cloth. Do NOT apply ice directly onto the skin as this will cause damage to the tissue
- Please try and avoid the use of anti-inflammatory tablets.(such as Ibuprofen) during the short term healing process since the inflammatory response is a key part of the plasma treatment process
- In line with the previous; we advice our technicians to help you take the heat out of the micro-burns especially following blepharoplasty treatments and any treatments on or around the periorbital and infraorbital region-by using our Louise Walsh Aloe Vera Frozen Eye Masks as these help prevent swelling

- If possible; we recommend you take a high dose of vitamin C supplements 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 also helps avoid post inflammatory hyperpigmentation
- You may experience a "stinging" sensation in the treated area(s) immediately after treatment that will feel a little like mild sunburn. This is normal and is simply the heat exciting the skin. It generally only lasts for an hour or two
- We recommend NOT exercising straight after a treatment because any heat, steam or sweat could add to the inflammation that is already present and unnecessarily moisten the skin
- The area that has been treated must NOT be covered with plasters, occlusive dressing or any type of make-up, mascara, creams or any other product until the area has fully healed (outside of specific products we recommend and which should be available from your technician)
- If you have received facial treatment, we recommend you sleep on your back with your head elevated to avoid brushing your face on your pillow. If you have received treatment to your eyes then it is important you sleep slightly elevated for up-to seven 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, for example, you could expose yourself to contaminants. Plasma Pen Silver Colloidal Gel With Aloe Vera is, as stated, a natural anti-bacterial/anti-viral product which will help in this area as will our tinted after-care balm which also contains anti bacterial/anti-viral ingredients as well as SPF50

The Following Days After Your Treatment (First 3 To 7 days):

- It is normal for the area that has been treated to feel tight and dry
- Occasional weeping will settle
- Tiny carbon crusts will quickly form on the treated area. These may be visible for up to a week or so but for most clients they will have formed and desquamated (flaked off) naturally within a matter of days
- Do NOT pick crusts off as this will delay the healing process and could cause scarring
- The area(s) treated may be cleansed daily with luke warm pre-bolled water and a soft, lint free cloth. You are only removing excess oil and do not need to thoroughly cleanse the treated skin. Do NOT be tempted to rub or brush the area to aid the removal of the crusts and certainly do not use exfoliating products on the area that has been treated. Pat dry with a clean tissue

- As stated, you should try to keep your scabs/crusts hydrated by applying Silver Colloidal Gel With Aloe Vera up to three times a day - but only in small amounts as the aim is to introduce the ingredients and deliver some hydration and NOT to not soak or over-moisten the area as that can prevent carbon crusts forming and/or cause them to desquamate (flake off) too soon
- We advise you do NOT stand with your face under a hot shower for the first 3 to 4 days if that is where you have had treatment. This could increase swelling and prevent the carbon crusts forming naturally. Try to avoid shower gels and hair products running onto your face as this could cause irritation and inflammation. Rinse thoroughly with pre-boiled tepid water if products do come into contact with the area(s) treated and pat dry
- Outside of using Silver Colloidal Gel With Aloe Vera and/or after-care balm then please do NOT apply any other lotion or creams unless your practitioner has specifically advised you to do so. Absolutely do NOT use any lotions or creams that contain perfume or alcohol. The area(s) must be kept free of oil to help the crusts form and then fall off of the skin naturally. Do NOT rub or abrade the area(s) or use exfoliating products. This could result in scarring and/or pigmentation
- Men should avoid shaving the treated area until it is fully healed
- After treatment around the eyes, avoid wearing contact lenses for 72 hours after your treatment

The Next 3 Months (After First 3 To 7 Days):

- When the carbon crusts have fallen off, your skin may be a little pink as it is essentially fresh, new and rejuvenated baby skin
- Once the crusts have all fallen off you may apply your normal foundation/make-up but avoid using skin care products containing glycolic or any other active exfoliating ingredients as this will cause irritation
- You absolutely MUST now begin to apply SPF50+ while your skin is in the healing stages (pink-in-colour), especially when you are out and about and you should continue to do so for at least 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
- You absolutely must NOT use saunas or sun beds during your 10-12 week healing period and ideally for longer. Avoid the midday sun
- All other medi-aesthetic or surgical treatments on the same area should be avoided whilst your skin is healing, including Plasma Pen treatment (it is of course fine to have other areas treated)

Other Important After-Care Advice & Top Tips:

- Avoid smoking and alcohol

- Taking Vitamin C supplements over the course of the healing process can give your immune system a big boost and help you to repair. Using anti-inflammatory and anti-histamine medication can also help. Consider the use of topical anti-oxidants to fight sun damage such as a Vitamin C serum. The use of citrus juice, aloe vera and even soy are all cited by as good ingredients for preventing hyperpigmentation
- We have a wide variety of products that can be purchased for use after your carbon crusts have flaked off. These are designed to further supercharge your recovery/results. Please ask your technician for details
- Any additional treatments that may be required must only be performed once the skin is completely healed and has returned back to its normal colour. This usually takes about 12 weeks
- Plasma Pen treatment is the gift that keeps giving and, on top of the immediate rejuvenation, lifting and tightening effects you will likely experience, it can actually take 8-12 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

If you have any questions about after-care then please contact the clinic.