

The Center For Women's Aesthetics

PRE-PLASMA PEN PATIENT INSTRUCTIONS

Before undergoing Plasma Pen skin resurfacing/tightening, you **MUST** follow the guidelines below. The purpose of these instructions is to prevent complications from the procedure and to ensure that you get the best possible result.

1. Avoid sun exposure for at least three weeks prior to your procedure **AND** use a sunscreen with SPF 40 or higher on a daily basis, even if you are not outdoors. You will also need to avoid sun exposure for several weeks after your procedure.
2. Start taking Vitamin C 2000mg (2gm) daily for two weeks prior to your appointment.
3. Avoid Botox and Fillers for three weeks before and after your procedure.
4. Remove eyelash extensions if the eye area is to be treated.
5. Do not wear contact lenses during the procedure or for several days afterwards if the eye area is being treated.
6. Avoid aspirin, steroids, or NSAIDS (Motrin, Aleve, Advil, Meloxicam, etc.) for one week prior to your procedure so that the inflammatory response will not be suppressed.
7. If the eye area is to be treated, it may be necessary to have someone drive you home as you may have immediate swelling.

Although you will have medical screening by a nurse practitioner before your procedure, please notify your provider if you are pregnant, breastfeeding, have a history of melasma, keloid scarring, hyperpigmentation, or auto-immune disease. We **MUST** know if you have an allergy to any type of anesthetic, or if you currently or have ever taken blood thinners, oral steroids, Accutane, Antabuse, or Gold therapy. These may be contraindications to undergoing Plasma Pen and could potentially cause you harm.

PLASMA PEN POST PROCEDURE INSTRUCTION

Immediately Following Your Treatment:

You may not look your absolute best during the initial healing process (usually 3 to 7 days)

- We recommend **NOT** exercising straight after a treatment because any heat, steam or sweat could add to the inflammation that's already present. Ideally you want to avoid excessive sweating for 5-7 days during healing process.
- We recommend the only product you should use after treatment and during the 5-7 day healing process is Factor Five serum 2x per day (morning and evening).
- You may experience a mild tingling or stinging sensation with application of Factor Five serum and this will subside within a very short time. This is to be expected depending on your skin sensitivity and is caused by the healing ingredients intentionally formulated in the Factor Five serum. Clients may find waiving a book or magazine or using a small handheld fan after application of Factor Five will be comforting in the event they experience any uncomfortable tingling or stinging sensation.
- 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.
- We recommend all clients apply small amounts of our Factor Five Serum 2x per day (morning and evening) to soothe inflamed skin and heal it fast. It also provides relief from possible itching and helps expedite a scar free healing process. Clients must use the Factor Five serum post treatment. The alternative of leaving a scab to continually dry out naturally without the Factor Five can mean that the healing process takes longer and the longer the healing process then the greater the chance of scarring.

- 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.
- 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.
- 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 hyperpigmentation.
- You may experience a "stinging" sensation in the treated area(s) immediately after treatment. This is normal and is simply the heat exiting the skin. It generally only lasts for about an hour or so.
- Facial areas that has been treated must NOT be covered with bandages, 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). Areas of the body may need to be covered depending on the treatment and the area.
- If you have received facial treatment, 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.

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.
- 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 lukewarm 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. Pat dry with a clean tissue.
- We advise you do NOT stand with your face under a hot shower or direct water from shower head for the first 3 to 4 days. This could increase swelling. Try to avoid shower gels or hair products running on to your face as this could cause irritation. Rinse thoroughly with tepid water if products do come into contact with the area(s) treated and gently pat dry
- Outside of using Factor Five serum please do NOT apply any other lotions or creams unless your practitioner has specifically advised you to do so. Absolutely do NOT use any lotions or creams that contain perfume, alcohol or acids. The area 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.
- Shaving in the area treated should be avoided until it is fully healed.
- When the crusts have fallen off then your skin may be a little pink as it is fresh, new and rejuvenated baby skin. This 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 crusts have all fallen off you may apply your normal foundation/make-up but avoid using skincare products containing Glycolic or any other active exfoliating ingredients as this will cause irritation.
- Continue to use Factor Five serum morning and night. Your Plasma Pen technician can offer you a 30 day supply 1oz bottle.

- You absolutely MUST now begin to apply SPF40 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). The area(s) treated have produced brand new skin and may burn and/or pigment without adequate protection from the sun.
- SPF40 should be worn whether you are outside, in and out of your vehicle or driving as well as if you are staying indoors. Even indoor lighting can cause risk of pigmentation on new healing skin.
- You absolutely must NOT use saunas or sunbeds during your 10 –12 week healing period and ideally for longer. Avoid the midday sun.
- All other facial treatments on the same area should be avoided whilst your skin is healing.
- Use of topical Retin A products should be avoided for 3 weeks (OTC products) to 4 weeks (prescription strength).

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. Continue the use of Factor Five serum morning and evening.
- Any additional treatments that may be required must only be performed once the skin is completely healed and has returned back to its normal color. 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 affects you will likely experience, it can actually 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 period of time between treatments then the delay will not alter the outcome/results.