

PLASMA PEN AFTERCARE ADVICE & INSTRUCTIONS

Please ensure you read and follow the advice provided. If you have any concerns after your treatment, if you do not understand any area of your aftercare or if you have additional questions then please do not hesitate to contact us on 01983 632015

Introduction:

Like most skin rejuvenation treatments, there may be some side-effects but 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. Although for most Plasma Pen treatment is virtually pain-free, your own treatment may be moderately uncomfortable and sensitive depending on where you are being treated – especially eyelid procedures where the skin is at its thinnest – and your own sensitivities and tolerances. Your technician will work closely with you on this including providing and/or recommending the best numbing product(s) Our Plasma Pen device and super-fine probes allow our technicians to work quickly and efficiently which will dramatically minimise any potential discomfort for you.

(1) Before Your Treatment:

- We recommend you avoid sun-tanning, spray-tanning, tanning injections and sunbeds for 2 to 4 weeks before your treatment. Ideally, you should try to use SP50 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 using a natural Tyrosinase Inhibitor as this can help prevent the enzyme “Tyrosinase” from misfiring or over-oxidizing the Tyrosine and thus helps ensure there is no 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 on the same area which you intend to have treated with Plasma Pen, such as laser therapy, chemical peels, fillers, as this may prevent your treatment being performed by your technician at the time you want it

(2) Immediately Following Your Treatment:

- You may continue with your daily activities as normal
- You may not look your absolute best during the initial healing process (usually 3 to 7 days)
- Your Plasma Pen technician should be able to offer you an LWI Tinted Aftercare 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 period further
- We recommend all clients apply small amounts of our Plasma Pen Silver Colloidal Gel with Aloe Vera, up to three 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 our gel leaves a protective coating designed to act as a barrier against infection and it helps speed up skin healing. Its two 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 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 if that is where you have had a procedure
- Swelling and inflammation for 1 to 5 days post-treatment is normal but will usually be of a very minor nature and is to be expected
- 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
- In line with the above, we advise 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 Aloe Vera 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 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

- We recommend NOT exercising straight after a treatment because any heat, steam or sweat could add to the inflammation that's already present
- 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 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, for example, you could expose yourself to contaminants. Our 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 Plasma Pen Tinted Aftercare Balm which also contains anti-bacterial/anti-viral ingredients as well as SPF50

(3) 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 boiled 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
- As stated, you should try to keep your scabs/crusts moist by applying Plasma Pen Silver Colloidal Gel with Aloe Vera up to three times a day – but only in small amounts, do not soak the area
- We advise you do NOT stand with your face under a hot shower 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 and inflammation. Rinse thoroughly with tepid water if products do come into contact with the area(s) treated and gently pat dry
- Outside of using Plasma Pen Silver Colloidal Gel with Aloe Vera and/or Plasma Pen Aftercare Balm then 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 or alcohol. 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
- Men should avoid shaving the treated area 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
- When the crusts have fallen off then your skin may be a little pink as it is fresh, new and rejuvenated baby skin
- 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
- You absolutely MUST now begin to apply SPF 50+ while your skin is in the healing stages (pink in colour) when you are out and about, 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
- 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

(4) Other Important Aftercare Advice & Top Tips:

- 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. Anti-inflammatory and anti-histamine medication can also help. Consider the use of topical antioxidants 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
- 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 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

If you have any questions about aftercare, then please contact us directly.