

PLASMA FIBROBLAST AFTERCARE

IN YOUR FACE ESTHETICS

Following fibroblast treatment, most people experience a mild burning sensation similar to sunburn which resolves after a couple of hours.

Depending upon your own sensitivity tolerance this discomfort may last a little longer. If you feel particularly uncomfortable, anti-inflammatory medication such as ibuprofen can be taken. (Please ensure this is compatible with any other prescribed medication you may be taking).

As a natural healing response, it is usual for the treated area to become swollen, especially around the more delicate areas such as the eyes. This can vary depending upon your natural rate of recovery; however, most people find it only usually lasts few days.

In some cases, the swelling can last several days and may initially interfere with vision. Once again anti-inflammatory medication and/or anti-histamine may help.

Initially after treatment and for a day or so afterwards, there may be occasional weeping. This is simply plasma and is a natural healing response.

As the treated area begins to heal, you will notice it's drying out process; a brown/black crust develops upon the surface of the skin. This simply flakes off after a few days but in some cases can take over 2 weeks.

DO NOT PICK, PLUCK, OR SCRATCH at this crusting as it can lead to infection or scarring! Likewise it is important to keep the treated area clean and dry.

During any length of sun exposure, we advise coverage of a minimum 30 SPF mineral sunscreen to avoid sunburn as the area's sensitivity to sunlight will be heightened. (For up to 3 months). Reapply every 90-120 minutes.

Lukewarm purified water is best for cleaning the treated area, do not use alcohol based cleansers or apply an occlusive dressing or bandage as this will interfere and slow down the healing process.

Providing you listen carefully and follow closely all aftercare advice, you should soon be enjoying your new look. However, **if at any time the treated area becomes hot, red, or shows signs of pus, please contact me immediately as you may be developing an infection.**

For optimum results, more than one treatment is usually needed and can be completed from around 6 weeks onwards.

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SWELLING

Swelling is characteristic of this type of aesthetic procedure and it should be always expected after plasma fibroblast sublimation. This is because the area will be recovering from an intentional burn, therefore, the natural side effect is swelling. Swelling can be minimized using certain techniques but never completely avoided, because a deliberately controlled burn has to be caused to the eyelids in order to induce the desired localized skin tightening.

Although swelling is to be expected there is no reason to try and cure it because in all circumstances it will subside on its own accord.

The few adverse effects have been caused by the use of incorrect creams and products in order to minimize or eliminate the swelling. Please note that the swelling should not be eliminated because it is not a disease and it is a direct transient consequence of the controlled wound caused by the aesthetic treatment.

HEALING PROCESS

Day 1. The day following the treatment, 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 (under eyes) 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 should start to subside noticeably 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. The discomfort experienced during day1 and day 2 should have subsided dramatically. 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 the fourth day 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.

Dy 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 a total physical sunscreen and apply makeup 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. They are maybe still slightly tender and pinker than the rest of the area.

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

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AFTER-CARE AT HOME

The main principle to follow in the after-care is minimizing the likelihood of contracting any bacterial infection or scratching the area while the scabs have formed.

The Eyelid Tightening after-care during the three days while the swelling is present consists of:

Do's

- Washing the area with **neutral soap** (there are several on the market) twice a day at night before going to sleep and in the morning immediately after getting up. Wash the area as gently as possible. Rinse profusely with cold water (do not use warm or hot water to rinse). Dry the area using a CLEAN towel, patting the area gently but never rubbing. Wash the eyelid area during the day only if the area had been exposed to dirt or dust.
- Make sure all linen in your bed you are very clean to try and minimize contact with bacteria while sleeping.

Don'ts

- Do not use makeup of any type.
- Do not touch your eyelids (or the area treated in general) with your hands. In case of accidental rubbing using your hands wash the area immediately. As directed above.
- Do not use any creams of any types. The use of creams can lead to bacteria proliferation, delayed healing and some minor adverse effect. The use of inappropriate creams can lead to infections especially if used before the scabbing takes place.
- Do not use ice packing at home as this could cause the area to get in contact with bacteria. The use of ice packing can be soothing but the added risk of making the area in contact with bacteria can be more detrimental than advantageous.

After-care while the area has scabbed.

- Avoid picking the scabs
- Avoid sun exposure
- Avoid the use of any creams and makeup.

After-care after the scabs have fallen off.

The area will be slightly pink and sensitive. When applying creams you can have a stinging sensation.

- Apply total physical sunscreen (Zinc Oxide and/or Titanium Dioxide) every day before going out in the sun.
- If using make-up, apply physical sunscreen on the area treated before applying the make-up.
- Avoid deliberate direct sun exposure for at least 3 months after the last treatment. Early sun exposure, even while you are wearing sunscreen can increase the likelihood of hyper-pigmentation.