

AESTHETICS &
PMU

by Natalie Pearce

FIBROBLAST PLASMA PEN

Immediately Following Treatment:

1. You may experience a “stinging” sensation in the treated area. This is normal
2. If the treated area is swollen, you may apply ice packs covered with a clean cloth. Do NOT apply ice directly onto the skin, as this can cause damage to the tissue. Avoid taking anti-inflammatory medications like aspirin, ibuprofen, or steroids if possible.
3. If you are receiving a Plasma Pen treatment anywhere on your face or neck, we recommend you sleep on your back with your head elevated to reduce swelling.
4. Do NOT cleanse the treated area until the following day.
5. Do NOT exercise 48 hours after treatment or expose yourself to any heat, steam or sweat because this can intensify the inflammation that is already present.
6. The area that has been treated must NOT be covered with occlusive dressing or any type of sunblock, make-up, mascara, creams or any other products until the scabs have fallen(7 days)

FOLLOWING DAY AFTER TREATMENT:

1. It is normal for the area that has been treated to be red/pink, swollen and feel tight and dry. Occasional weeping is normal and will settle.
2. Tiny crusts will quickly form on the treated area. These may be visible for up to about a week.
3. Do NOT pick crusts off as this will delay the healing process and could cause hyperpigmentation and scarring.
4. The area(s) treated may be cleansed daily with room temperature water and your fingers. Avoid using washcloths or any other washing devices. You are only removing excess oil and do not need to thoroughly cleanse the treated skin.
5. Do NOT stand with your face under a hot shower for the first 3-4 days.
6. Avoid swimming or chlorinated water as it can increase irritation.
7. Keep scabs/crusts moist by applying provided aftercare three times a day starting from the day after the treatment – but only in small amounts, do not soak the area.
8. Men should avoid shaving the treated area until it is fully healed (around 7 days).
9. If you have had treatment around your eyes, you should avoid wearing contact lenses for 72 hours after your treatment.
10. Once the scabs have fallen off (approximately 7 days), your skin may be a little pink. You may begin to apply your normal foundation/make-up/sunblock but avoid using skincare products containing glycolic/salicylic/retinoic/AHA/ scrubs/Clarisonic or any other active exfoliating ingredients/devices for at least 21 days, as this will cause irritation. **ABSOLUTELY NO MAKEUP UNTIL SCABS HAVE FALLEN OFF.**
11. Avoid sun exposure. Once the scabs have fallen off, you must wear a physical sunblock (zinc & titanium) and a hat while your skin is in the healing stages (pink in colour) and you should continue to do so for at least the next 12 weeks to avoid hyperpigmentation.
12. Do NOT sunbath/sun tanning beds for 10–12 week post procedure.
13. Do NOT have any other facial treatments in the same treatment area while your skin is healing (12 weeks).
14. Do NOT wax treatment area for at least 21 days, if not longer. If you are receiving Plasma Pen treatment anywhere around the eyes, I would wait the full 12 weeks. It will be ok to tweeze or thread any unwanted hairs after scabs have fallen off the area.

Other Important Aftercare Advice & Top Tips

On top of the immediate rejuvenation, lifting and tightening affects you will likely experience from Plasma Pen, it takes 8 to 12 weeks for the full effects of your treatment to be seen.

4. If additional treatments are required, it will be necessary to wait until the skin completely has completely healed (12 weeks).

If you have any questions, no matter how big or small, please reach out to:
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