



PLASMA PEN TREATMENTS & AFTERCARE

As with most skin rejuvenation treatments, you may experience some side-effects following a Plasma Pen treatment. However, the post-treatment downtime and recovery from a Plasma Pen device is far superior to other treatments with reduced downtime

and faster recovery times.

Our Plasma Pen device, when used with our exclusive nano-probes, allow specialist Plasma Pen technicians to work very quickly and efficiently whilst also minimising the potential discomfort.

How to prepare for your Plasma Pen treatment?

To ensure the absolute best results, it is important to follow all advice from your Plasma Pen Technician prior to your treatment. We recommend that you:

1. Avoid sun-bathing, spray-tanning, tanning injections, or sunbeds for at least 4 Weeks before your treatment.
2. Use SPF50 daily for up to 4 weeks before the treatment to protect your skin.
3. Avoid any other type of treatment in the same area as you are having treated for up to 4 weeks before the treatment, including laser therapy, chemical peels, microneedling, or fillers.
4. Avoid smoking and alcohol in the run-up to your treatment.
5. The area treated MUST NOT be covered with any type of make-up, mascara, creams, or other product* until the area has fully healed (*outside of what we recommend).

How to care for your skin for the first 7 days

For the first 7 days following a Plasma Pen facial treatment, it is normal for your skin to feel quite tight and dry, or you may experience very slight and occasional weeping that will settle over time. Small Plasma carbon crusts will form on the treated area, and these will be visible for up to a week or so before naturally flaking off.

To care for your skin following a Plasma Pen facial treatment:

1. Do not pick off the crusts as this will delay the healing process and can cause scarring.

2. Cleanse the area daily with Plasma Pen Cleansing wipes, Cleansing Tonic or lukewarm water, and a soft, lint-free cloth to remove excess oil.
3. Follow this by patting skin dry with a clean tissue.
4. Ensure the scabs and crusts are hydrated by applying Advanced repair healing balm or tinted aftercare balm SPF50 in twice a day.
5. Avoid applying lotions and creams that contain perfumes or alcohol to the areas of the skin that have been treated and only use your own skin care once the scabs have shed.
6. Do not use exfoliating products on the treated area as this may result in scarring.
7. Do not use your own makeup until all scabs have shed
8. If you have had a Plasma Pen treatment around the eyes, avoid wearing contact lenses for 72 hours.

How to look after your skin for the first three months

After the first 7-days, you should find that the carbon crusts have naturally fallen off, however your skin may be a little pink as it is fresh, new, and rejuvenated skin. Once the Plasma carbon crust have fallen off, you are now able to start applying your normal makeup but avoid using all other skincare products that have glycolic or exfoliating ingredients.

We also recommend:

1. Once the Plasma carbon crust have fallen off, you must now begin to apply SPF50+ sunscreen every day whilst your skin is healing, and for at least 12 weeks.
2. Avoid saunas, Steam rooms, and Sunbeds for up to 12 weeks during the healing period.
3. Avoid in the first 6 weeks any non-invasive/heat treatments such as radiofrequency, laserpeels and micro-needling.
4. Avoid all other medi-aesthetic or surgical treatments on the same area for at least 8-12 weeks for dermal fillers, 3 weeks for neurotoxins whilst skin is healing.

To find out more about the range of treatments made possible by **PlasmPen**. Speak to **Helen Hayes** our qualified local **PlasmaPen** consultant **07901301244**