

**LOVELY
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Plasmalift **AFTERCARE**

Post Plasmalift Procedure Instructions

- Immediately after your treatment, there may be a burning sensation. This will usually resolve during the remainder of the day. If it is particularly uncomfortable or persists for a longer period, anti-inflammatory medication such as naproxen or ibuprofen can be taken.
- Clean area with a mild alcohol-free, dye-free, fragrance-free soap twice a day starting the day after the procedure.
- Apply colloidal silver onto the treated area a few times a day with dry hands.
- Take arnica pellets as directed three days before and after treatment to control swelling.
- Please note that swelling is not a bad thing. It is a natural side effect of the "wound healing" response and is necessary to the process.
- A cold compress may be used to help reduce swelling.
- After the crusts fall off, use a high quality sunscreen with SPF of 50 or higher for at least 2 weeks after your procedure.
- The skin can be pink for up to 3 months. If it is, sunscreen is crucial to avoid hyperpigmentation.
- Do not workout, sweat, swim, or go in sauna until the crusts have flaked off to avoid infection.
- Do not take hot showers or baths for the first 3 days. It is important for your body temperature not to get too hot which will cause inflammation.
- Do not pick or scratch at the crusting as this may lead to infection or scarring.
- Avoid tanning or being in the sun for 3 months.
- Avoid facial treatments over the treated area for 3 months.