



Plexr Aftercare TREA

Procedure Day – On the day of the procedure please try to arrive with no make-up. We recommend showering before the procedure, as after the procedure, NO showering/bathing for 48 hours. Remove contact lenses and wear glasses if necessary. A topical numbing cream will be applied to the treatment area. An inhaled anesthetic may be used during the procedure to increase comfort if needed (additional cost). After the treatment is finished, DO NOT apply any gels, or anything wet to the area. The heat (sunburn like) will dissipate over the next few hours. Clean cold spoons (put in the refrigerator ahead of time), lightly held to the treated area is soothing. You could also use a bag of frozen vegetables (e.g. corn) inside a thin cotton layer to apply to the treated area for comfort.

DO NOT PICK AND DO NOT GET THE TREATED AREA WET FOR 48 HOURS

The Healing Process – You will look your worst the next day. Healing times vary depending on the individual but generally you can expect the following: Face 5-10 days (depending on the type of treatment). Make sure to wear a **large hat and/or sunglasses** if exposed to the sun. In some more aggressive treatments, very slight oozing may occur. Swelling of the face and/or eyes is common, and typically begins to reduce by the third day after treatment. **Sleeping with your head elevated can help decrease swelling.** Almost everyone experiences itching, which can range from mild to intense. Taking Benadryl (an oral antihistamine) especially at night can be helpful. Gently pressing a clean spoon or a cold pack wrapped in thin cotton onto the skin also helps to relieve itchiness. Itching usually lasts a few days or until the area starts to peel. **DO NOT PICK**

Day 1 and Day 2 - NO water or steam to the treated area. Keep dry and clean. Gently cleanse the other areas of your face, keeping the treated area dry.

Day 3 onward - Cleaning the treated area - Splash water on the treated area. Using a diluted gentle gel cleanser, dab on the treated area. Splash water to remove the cleanser. Open the green packet. Take the moist towelette and dab on the treated area once a day.

The skin may feel tender to the touch, so be gentle and careful. Continue to cleanse daily and use the towelette until finished. Do not get the moist towelette in the eye. The eye will need to be flushed if product gets into the eye. After the towelettes are finished, continue cleansing the treated area with a mild cleanser for up to 30 days. Do not exfoliate the area, be gentle when rubbing.

Day 4 – Skin Cover – This product is a tinted sunscreen. Apply a small amount on the treated area. One packet goes a long way; there is enough for a couple of applications. A mineral sunscreen with zinc can be used afterwards for 30 days.

Day 15 – Factor K – After cleansing, apply Factor K sparingly to the ocular bone area only once a day. **Do not** apply cream on lower lid or close to the eyes. If cream gets in the eye, flush immediately! This product contains active ingredients. One packet goes a long way, there is enough cream for a couple days.

Once the superficial scabs start to exfoliate, the skin underneath will be pink and will return to its natural color in a few weeks. Around day 3-4 you may notice the scabs starting to peel off. **Do not pull, peel, or scrape the scabs off.** Just let the skin naturally slough off in the cleansing process. In the shower make sure to cover your face from shampoos and body soaps. **DO NOT PICK**

Product use: Once the scabs have fallen off, it is important to apply Factor K and Sunscreen or Skin Cover daily until the packets are done. It is recommended to apply an SPF 40+ often. The sunscreen portion of the post treatment care must be carried out every day for at least 30 days once the superficial scabs come off.

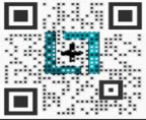
Follow-up - Your follow-up appointments will generally be scheduled in 30-days post-procedure. Do not use exfoliating products on the skin for 4 weeks. If you feel that you are having an unusual problem with the treatment, please contact Lips N Lines at 705-522-2252.

Medications - If you are prone to cold sores, and you are getting treatment around the mouth area, we can prescribe Valtrex (an anti-viral medication) which is used to prevent cold sores. Tylenol &/or ibuprofen (Advil) is recommended for pain.

Tips for Plexr Treatments

- 1) Start taking antihistamines twice daily four (4) days before your scheduled treatment appointment – e.g. Reactine (cetirizine) / Alerius / Claritin in the AM and Benadryl at night before bed and continue for 4 days post procedure. Benadryl causes drowsiness, take at night. The antihistamines will help with the itchiness and sleeping at night.
- 2) Purchase a couple of bags of frozen vegetable (e.g. corn) to have handy to use as a cold compress after your procedure.
- 3) On the day of the procedure please try to arrive with no make-up. If you wish to shower, please do so before the procedure.
- 4) Make sure your pillowcase is clean. Don't use an expensive pillowcase as the treated area can ooze or have some bleeding or get product on it.
- 5) Smokers heal more slowly – try quitting if you can. If you continue to smoke and are treated around the mouth, you won't get as good results.
- 6) If you get treatment around the mouth, you will have difficulty opening your mouth. Therefore, things like eating, yawning, laughing will be challenging for a few days. Use a larger straw to drink to keep this area dry.
- 7) Your biggest challenge will be keeping the treatment area(s) dry and managing the itchiness in the first few days.
- 8) **DO NOT PICK AT ALL**

Please call our clinic should you have any questions or concerns regarding your treatment or aftercare
(705-522-2252)



Scan to schedule your next appointment