

Information about Plexr – Plasmatology Treatment

This information has been prepared to help you decide about whether to have treatment with Plexr Plasma technology, its risks and benefits and expected outcomes.

What is Plexr?

Plexr is a very safe, minimally invasive and effective type of treatment that utilises plasma technology. Plasma consists of ionised particles which are charged. Plexr uses plasma to modify the skin by sublimation (turning the surface into gas). This beam generates heat and causes sublimation (shrinking) of the outermost part of the epidermis (outer layer of the skin), without damage to the surrounding or deeper structures of the skin. In doing so, the tissue underneath is protected from heat and the surface of the skin contracts and heals to effect results. Healing is typically quick and scar-free, improving skin elasticity and resulting in smoothness. Plexr is a very precise treatment which gives good correction with minimal downtime. The results tend to be long lasting.

Plexr is still a relatively new treatment in Canada, however, it has been used in Europe for over 10 years. It is Health Canada approved for the following indications:

- UPPER / LOWER non-surgical Blepharoplasty (excess upper eyelid skin / baggy lower eyelids)
- Wrinkle reduction / skin laxity / saggy or folded skin (e.g., such as on the neck and sides of the face)
- Perioral (mouth/lip) lines / smoker's lines around the mouth
- Scar tissue including acne scar treatment
- Benign skin lesions (including seborrheic keratoses (age spots), fibromas, dermal naevi (skin-coloured moles), lentigos (sunspots) and sun-induced skin lesions, xanthelasma (cholesterol deposits around the eyes), keloid scars, hemangiomas (bright red birthmark), sebaceous hyperplasia (small bumps due to oil trapped under the skin, more common with age and appearance on the face)

The treatment

Local anaesthetic is applied to the treatment area. Your Plexr specialist will treat with the Plexr pen causing retraction of the skin in the epidermis by creating combustion of the skin on the stratum corneum, (the top layer of the skin), without damaging surrounding tissue. This creates fine grey-brown scales, called "carbon dust", which disappear a few days after each session. In certain cases, a small amount of injected local anaesthetic (Xylocaine) will be used to give a more profound numbness. We will advise you of which anaesthetic is best suited to your procedure.

The carbon dust scabs typically take 5-10 days to fall off, this must be on their own. You will be instructed on the post care procedure using the TREA kit. It is **very important** that you NOT apply any other makeup. **For 2-3 weeks after this there will be redness, flaking and itching of the treated area.** This can sometimes persist longer in some individuals.

In the treatment of the eyelids (Blepharoplasty), you should expect swelling which may last up to 7 days. The swelling is usually worse 24 to 36 hours after the procedure. The eye is a very delicate area and different patients will react and swell differently - it is difficult to predetermine the extent of this. **You may be very swollen after treatment, and in the case of eyelid treatment, the extent of the swelling can be significant for 3-4 days.**

Multiple treatment sessions may be required. Anticipate about a 30% improvement with this non-surgical treatment. Treatments can be scheduled 6-8 weeks apart, and a maximum of three treatment sessions may be required to obtain the desired result.

How should I prepare?

Please advise your clinician of any medications/supplements you are taking. You must tell us if you are taking antibiotics, blood thinners or Isotretinoin (Accutane). Please advise if you have any history of cold sores. You will not receive treatment if you have an active skin infection or open wound in the area for treatment. If you are prone to pigmentation or you have skin types IV-VI, you will need to prep your skin starting 3 weeks prior to the scheduled procedure.

You must be prepared to take time off work. After treatment, you will be swollen for several days. You will also have black/brown crusting on the treated area which will persist for up to two weeks after treatment. It will not look great and we suggest you prepare for this by taking time off work and informing your friends/family that you are having treatment **as you will not be able to "get away with it".**

What should I do after treatment?

Aftercare is as important as your treatment. If you do not perform good aftercare your results will be significantly affected.

You will notice little crusts on the treated area. You **MUST NOT** pick or scratch these, otherwise you may scar and healing will be delayed.

- ⇒ Keep the area dry.
- ⇒ DO NOT wash the area for 48 hours post procedure. After 48 hours, wash with a gentle cleanser or the cleansing cloth in the TREA kit.
- ⇒ The scabs are superficial. Be gentle and careful to not rub them off.
- ⇒ Do not try to wash off the SKIN COVER from the TREA kit. Scabs may come off if you wash too aggressively. Splash with tepid water, and pat dry. You can use a hair dryer on cool setting to help keep the area dry.
- ⇒ Try to sleep with your head elevated for the first night.
- ⇒ No exercise for at least 48 hours (this will delay healing)

You must protect the treated area from sunlight, so the use of a high factor sunscreen (SPF40+) for at least two months after treatment is mandatory. You must not use sunbeds in this time. You may exercise, swim and apply your normal skincare when all the crusts have come off and the wound has settled down.

The crusts can crack and ooze - if this happens, do not pick them. Apply your aftercare products and leave the area to heal. Smoking can cause problems with the blood flow to wounds and treatment areas. We advise you to quit. You must not use products other than those we tell you to apply in the healing period. This includes moisturisers, shower gels and perfume to the area that has received treatment. DO NOT cover the area with band-aids, it will scar!

Failure to comply with the aftercare instructions can result in diminished results and poor outcome, incomplete healing, skin textural changes, scarring or pigmentation.

A follow up appointment is very important. It will be scheduled 14-28 days after your treatment. Failure to attend your follow up appointment means that we cannot assess, reassure and possibly help you should you need it.

Possible Risks & Complications

Plexr is considered a safe treatment. After the initial swelling and crust formation, both of which is normal, there will be pink "baby" skin which will initially be itchy and then slowly achieve normal colouring.

The risks include:

- **Discomfort** – similar to snapping the skin with a rubber band
- **Reddening** – may go away in 7-10 days or less or may persist for 6-8 weeks
- **Swelling** – may go away in 7-10 days or less
- **Pigment changes** – Although extremely rare, the treated area may heal with increased pigmentation (skin coloring). This occurs most often with darker skin types and after exposure of the area to the sun. You may have experienced this type of reaction before and noticed it with minor cuts or abrasions. The treated area must be protected from exposure to both UV rays and indoor blue lights (cell phones, computers, TV, etc.). This type of reaction tends to gradually fade away and return to normal over a period of three to six months if left untreated.

★The following are only risks if post care is not followed properly ★

- **Scarring** – There is a very small chance of scarring or abnormal raised marks. Scarring is a possibility because of the disruption of the skin's surface. Compliance with aftercare is crucial for the prevention of scarring.
- **Bleeding** – The treatment may cause some pinpoint bleeding which usually stops within a few hours after the treatment, without any lasting effect.
- **Infection** – If bleeding is present as a result of removing the scabs prematurely, an infection of the wound is possible. Any indication that there might be infection, please contact the Lips N Lines Plus clinic immediately.

It is important to know to achieve the utmost result, erythema (redness/increased blood flow), swelling (water/plasma), and scabbing (crusty surface of healing skin) are necessary to build, repair and restore collagen. The first 48 hours after the treatment are the most important, as this is when the skin is rebuilding, and old skin will start to exfoliate.

Things to consider before commencing with treatment

Plexr is a newer treatment however no long-term complications have occurred to date. Complications can occur in the aftercare period even when proper care is taken.

You **must** take it easy for two weeks. You **will** need to take some time off work. The scabs on the treated area look brown and scabby for up to two weeks, which can look a bit scary. You will not be able to cover these fully and this is **not a no downtime procedure**.

If you have your upper eyelids treated, you will also get swelling of the lower eyelid post-procedure. You will look very swollen, and it can potentially take a week for this to resolve. This is in line with normal healing. We suggest you take an adequate amount of time off work and warn your friends and family that you will be looking less than great in the healing period.

Please do not go decorating your house, cleaning your house, on holiday, on sunbeds, swimming, or going out doing sports as this will disrupt your healing and irritate the skin. If you pick the scabs, they will weep. If they are weeping, please continue with the post care instructions and minimize any disruption of the treated area as much as possible.

Plexr treatment is not for the faint-hearted. The results are fantastic, but there is downtime. **It's not no-surgery, it's SOFT surgery**. Outcomes can vary between individuals and repeat treatment(s) may be necessary.

Plexr Consent Form

I have been given information and advised of the treatment procedure with Plexr, its intended benefits, including the need for potential anesthetic use, aftercare and possible risks and complications during and after treatment.

We have discussed the specific treatment for me, my medical history and any factors that are significant for treatment, including realistic expectations for treatment outcome. I have disclosed all medical conditions and we have explored the relevant risk factors to my treatment.

I have received, read, and understood the information about Plexr treatment and post-procedure care.

I am aware that there is no guarantee to the success of any medical treatment, including Plexr. I have been advised that in order to achieve the desired result I may need more than one treatment session and that complete resolution may not be possible.

I have had adequate opportunity to make this decision and have no further questions about the procedure, having had time to ask any questions before treatment and had them adequately answered. I have read and understood the patient information handout. I understand that this is an elective procedure and that I am responsible for payment.

I understand that it is impossible for the clinician to inform me of every possible complication that may occur, and results can be variable. I accept that during the course of treatment, unforeseen circumstances may arise that may require medical treatment other than that outlined. I therefore authorise the treating clinician to perform such treatment in the exercise of their professional judgement and for my benefit as is necessary in case I require it.

I have been given aftercare instructions and I understand it is my responsibility to follow them. Failure to do so may result in a poor outcome and may worsen the treatment area and cause complications.

I agree to return to Lips N Lines Plus for follow up appointments.

I give consent to proceed with PlexR treatment. I have been advised of the risks and options for treatment, including the option of not having treatment.

I am aware that before and after photos are taken for my medical record.

I agree to before and after photos for education / social media YES NO

Patient Name: _____ **Patient Signature:** _____
(Please print)

Date: _____

Plexr Pre & Post Care Instructions

Before Plex Treatment

One week before your procedure:

- Smoking and all kinds of alcohol must be avoided for at least one week before the procedure as they can dehydrate the skin and even affect the anesthetic step. Avoiding these helps in speeding the recovery process and providing the best treatment results.
- Avoid consuming omega fish oils, vitamin E, chili ginseng, garlic, krill, and other such supplements at least two days before the treatment. It is best to avoid green and ginger teas as well.
- Avoid aspirin-based products, like Advil (ibuprofen), Aleve, Naproxen, etc., as they can cause bleeding, unwanted side effects and complications.
- On the day of the procedure, please ensure your hair and face are washed and no make-up is worn.
- Drink plenty of water so that you are well hydrated helps with a better treatment outcome. Ensure you've eaten well.

After Care with Plexr

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) If you are getting treatment around the eyes, you can bring large sunglasses to wear immediately afterwards to get home and not draw undue attention to your treatment.
- 5) 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.
- 6) 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.
- 7) 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.
- 8) Your biggest challenge will be keeping the treatment area(s) dry and managing the itchiness in the first few days.
- 9) **DO NOT PICK AT ALL**

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



Scan QR code to schedule a follow up appointment if one was not scheduled at the time of your treatment.