**After Care - Fibroblast Plasma Pen Treatments**

Like most skin rejuvenation treatments, there may be some side-effects post-treatment and recovery from Plasma Pen. You must follow these important guidelines care-fully if you wish to enjoy optimal results and protect your investment in Plasma Pen treatment.

Although for most, Plasma Pen treatment is virtually pain-free, your own treatment may be moderately uncomfortable and sensitive depending on where you are being treated – especially eyelid procedures where the skin is at its thinnest – and your own sensitivities and tolerances.

Before Your Treatment

1. Avoid any kind of tanning (Spray tanning, tanning injections, sun tanning and tanning beds) for 2 to 4 weeks before your treatment. Ideally, you should try to use SPF5O to prep your skin for 2 to 4 weeks before your treatment, especially if you are naturally darker skinned.
2. Avoid any other type of procedures on the same area which you intend to have treated with Plasma Pen, such as laser therapy, chemical peels, Botox, fillers, as this may prevent your treatment being performed by your technician at the time you want it.
* No facial acids (Retin A, salicylic, glycolic) 14 days before or 21 days after Plasma Pen
* No Botox or fillers 21 days before or after Plasma Pen
* No Micro needling/PRP 21 days before or after Plasma Pen
* No laser or peels (depending on intensity of peel) for 90 days before or after Plasma Pen
* Surgical procedures like face lifts you must wait at least 9 months postop/before Plasma Pen.

Immediately Following Treatment

1. You may experience a “stinging” sensation in the treated area(s) immediately after treatment. This is normal and it generally only lasts for about an hour.
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’s already present.
6. Your technician will provide you with after care products and instructions. You must follow the provided aftercare protocol to expedite the healing process and avoid complications.
7. 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 area has fully healed. Many ingredients in skin care products and cosmetics can irritate skin and cause allergic reactions. Ultimately this will slow you’re your healing process and possibly impede desired results
8. It is highly unlikely you will ever get an infection from a Plasma Pen treatment, as the wound we cause is not open. However, the first 12 hours post-treatment is vital in protecting you from any potential infection, so please avoid any activities where you could expose your-self to contaminants. Keeping hands off of anything that comes in contact with the treatment area
9. You may return to work the following day. However, you will not look your absolute best during the initial healing process (approximately 7 days)
10. Expect redness, swelling and inflammation for the first 1 to 5 days post-treatment. This is normal but will usually be of a very minor nature.

**Immediate Aftercare (First 24-48 Hours)**

1. **Keep the Area Clean:**
	* Gently cleanse the treated area with a mild, non-abrasive cleanser and lukewarm water. Avoid using any harsh scrubs or exfoliants.
	* Pat the skin dry with a clean towel—do not rub the area.
2. **Avoid Touching the Treated Area:**
	* Refrain from touching, picking, or scratching the treated area. This will help avoid infection and prevent scarring.
3. **Cold Compresses:**
	* Apply a cold compress to reduce swelling or discomfort for 10-15 minutes, several times a day, if needed. This can help soothe the skin.
4. **No Makeup or Creams:**
	* For at least 24-48 hours, avoid wearing makeup, creams, or other products on the treated area. This allows the skin to heal without interference.
5. **Protect from Sun Exposure:**
	* Keep the treated area out of direct sunlight. If sun exposure is unavoidable, apply a high-SPF sunscreen (SPF 30 or higher) after the initial 24-48 hours. UV rays can irritate the skin and hinder healing.
6. **Do Not Wet the Area (for 24-48 hours):**
	* Avoid getting the treated area wet immediately after the procedure, especially in hot tubs, saunas, or swimming pools, as moisture can increase the risk of infection.

**Scabbing and Healing Process (Up to 1 Week)**

1. **Expect Scabbing:**
	* Small brown or dark spots will appear on the treated area, which is a normal part of the healing process. These are scabs formed as the skin heals. Do not pick at or peel off the scabs—this can cause scarring and delay the healing process.
2. **Hydrate the Skin:**
	* After 48 hours, you can begin applying a gentle, soothing moisturizer or healing ointment (like aloe vera gel or a post-treatment cream recommended by your practitioner) to keep the area hydrated.
	* Avoid heavy creams or anything too greasy, as they may interfere with the healing process.
3. **Avoid Excessive Movement:**
	* Avoid excessive facial expressions or movements (e.g., squinting, frowning) that could stress the treated area, especially near the eyes.

**Ongoing Aftercare (2 Weeks to 1 Month)**

1. **No Harsh Treatments:**
	* Avoid chemical peels, laser treatments, or any other aggressive skin treatments for at least 4 weeks after plasma fibroblast therapy.
2. **Sun Protection:**
	* Continue applying high SPF sunscreen daily, even if the weather is overcast. This is crucial to prevent hyperpigmentation or skin damage.
	* Wear protective clothing or hats to shield the treated area from the sun whenever possible.
3. **Gentle Skincare:**
	* Stick to a gentle skincare routine using products that are non-irritating and designed for sensitive skin. Avoid using active ingredients like retinol, glycolic acid, or other exfoliants for at least 2-3 weeks post-treatment.
4. **Monitor the Area:**
	* Keep an eye on the treated area for any signs of infection, such as increased redness, swelling, or pus. If you notice any unusual symptoms, contact your practitioner immediately.

**Additional Tips:**

* **Avoid Sweating and Heat:**
	+ For at least 48 hours after the procedure, avoid intense physical activity that causes excessive sweating, as it can irritate the treated skin. Avoid hot showers, steam rooms, or saunas during this time.
* **Stay Hydrated:**
	+ Drink plenty of water to help your body heal more efficiently and keep your skin hydrated.
* **Be Patient with Results:**
	+ Initial results can be seen within a few days to weeks, but the full effects of plasma fibroblast therapy typically take 6-8 weeks to become fully visible as collagen production continues.

Following Days After Your 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 de-lay 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. Do NOT be tempted to rub, brush or exfoliate the area in any way to aid in the removal of the crusts. Pat dry with a clean tissue
5. Do NOT stand with your face under a hot shower for the first 3-4 days. This could increase swelling. Try to avoid shower gels or hair products running on to your face as this could cause irritation and inflammation. Rinse thoroughly with tepid water if products do come into contact with the area(s) treated and gently pat dry
6. Avoid swimming or chlorinated water as it can increase irritation.
7. Keep scabs/crusts moist by applying provided aftercare three times a day – 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

1. Avoid smoking and alcohol.
2. Eat a whole food diet and avoid excess sugar to maximize results.
3. On top of the immediate rejuvenation, lifting and tightening effects, you will likely experience from Plasma Pen, it takes 8 to 12 weeks for the full effects of your treatment to be seen.