

The Face Bar aesthetics

PLASMA FIBROBLAST PRE AND POST TREATMENT GUIDELINES

To maximise the Plasma Fibroblast recovery time and results, it is important to follow all pre and post-procedure instructions.

WHAT IS IT?

Plasma Fibroblast Skin Tightening is a state of the art treatment to help stimulate ones own collagen, coagulate and shrink the skin with no injections and best of all results are stimulated by 100% of your own collagen. Plasma Fibroblast is a nonsurgical skin-tightening procedure that uses a high energy discharge to make a small wound to the skin. This can encourage cells known as fibroblasts to repair the skin, reproduce elastin and collagen and maintain firmness. With every little dot we create, we are removing a small piece of skin, which creates a shrink wrap effect, instantly stretching out the skin of the entire area. The trauma we are creating to the skin will cause the skin to contract and slowly remodel itself with new, tighter tissue.

Who Can Have This Treatment?

Even though the Plasma Fibroblast treatment is very safe, some people are better candidates for this treatment than others. Generally speaking, you should be in good health and without serious health conditions. If you do have some health issues, you should tell that to the technician and they will tell you if this procedure is safe for you. People with pacemakers cannot have this procedure done on them. People who have hyperpigmentation or hypopigmentation should consult their technicians before they decide to get the treatment. If you have a cold sore, wait it out and get the treatment when you get better. If you've been sunbathing or recently you have gotten a sunburn, then wait until your skin comes back to its normal state.

Pre-Treatment Instructions

- AVOID sun tanning, spray tanning or sun beds for 2-4 weeks prior to your treatment.
- Ideally, you should use a sunscreen with an SPF of 30 or higher at least 2 times a day.
- In the few weeks prior to your treatment, AVOID any other treatments in the area such as lasers, chemical peels, fillers, microneedling, etc. as these may prevent you from receiving the Plasma Fibroblast Treatment.
- No facial acids (Retinol, salicylic, glycolic) 14 days before the treatment.

Immediately Following the Treatment (First 24-48hrs)

- Continue your normal daily activities acknowledging you will have carbon crusting occurring on the treatment areas causing a “social downtime.”
- Avoid exercise (especially sweating onto the area) for at least 3-4 days. Heat, sweat and/or steam can add to the inflammation that is already present and cause the scabs to fall off prematurely.
- Use the Post Treatment Gel provided to you. We would recommend washing with an extremely gentle cleanser or Dove Beauty Bar Soap twice a day with luke warm water and apply the healing gel as often as you feel necessary (only in small amounts do not soak the area) by gently patting into the skin. The Post Treatment Gel is regenerative, soothing, cooling and calming for the skin and is full of antibacterial properties to assist and support the bodies natural healing response. The Dove Beauty Bar Soap we recommend purchasing is a mild cleanser which helps restore the skins natural pH. It helps to replenish the skins natural nutrients.
- There may be mild to moderate swelling and inflammation, especially around the eyes, for 1-7 days.
- You may apply cold packs covered with a clean cloth (do not apply the cold packs directly to the skin)
- You may experience a stinging sensation that will feel like a sunburn which can last for a few hours to a few days.
- DO NOT cover the area with plastic, occlusive dressings or any type of sunblock, make-up, mascara, creams, serums or any other products until the area has fully healed and the scabs have fallen off.
- Makeup is strongly discouraged at this time because application and removal can cause the crusts to flake off too early and increase the risk of scarring and/or pigmentation. If you must wear makeup, we recommend a hypoallergenic 100% mineral formula applied gently with a clean brush.
- Sleep slightly elevated for the first night to help to elevate any swelling
- Do not cleanse the area until the following day.

The Following Days Post Treatment (Days 3-7)

- It is normal for the area to feel tight and dry.
- If there is weeping or serous drainage, this will settle down.
- Carbon crusts will form and will flake off on their own. DO NOT exfoliate them as this will delay healing and can contribute to scarring.
- Continue to clean the treatment area twice a day, but DO NOT rub the skin hard. You can use luke warm water only to help remove excess oil. Pat dry with a clean cloth.
- ALWAYS keep the skin hydrated and moist with the Post Treatment Gel.
- DO NOT take a hot shower for 3-4 days since this could cause more swelling and prevent the carbon crusts from forming naturally. Avoid shower gels and hair products as these can cause irritation and inflammation. Rinse thoroughly if these products do contact the treatment area. Pat dry.
- Men should AVOID shaving until the area is fully healed.
- After treatment around the eyes, AVOID wearing contact lenses for 72 hours.
- Avoid sun completely as you are unable to wear an SPF over the treatment area until the crusts have fallen off.

The Next 3 Months (After the First 3-7 Days)

- When the carbon crusts have fallen off, your skin will be pink as it is fresh new and rejuvenated skin.
- Once crusts have fallen off, you may apply your usual skin care regimen including makeup, but avoid using products containing glycolic and retinol or other exfoliating ingredients for 4 weeks.
- You MUST apply SPF of 30+ at least twice a day while your skin is pink as it is prone to hyperpigmentation from overexposure during this critical time of healing.
- DO NOT use sun beds or saunas for 10-12 weeks post treatment.
- AVOID sun for 10 -12 weeks post treatment.
- It takes 4 weeks post treatment for the collagen production to BEGIN to take place, so after your initial result from the small pieces of skin being removed- be patient to notice your secondary results as it can take up to 6 months. The most tightening happens at around week 6-8.

- Understand It will take 12-24 weeks for the skin to completely heal and to see the final results
- AVOID other aesthetic procedures to the treated areas while your skin has the carbon crusts.

NOTES: