**Plasma Fibroblast After Care**

Clients often find application of ice packs or aloe Vera can soothe and help reduce swelling.

When treating around the eyes: in extreme cases, (especially if client has failed to follow after care advice), the swelling can last several days and may initially interfere with vision.

Anti-inflammatory medication and/or anti-histamine medication may help.

Initially after treatment and for a day or so afterwards, there may be occasional weeping. This is simply plasma and is a natural healing response.

DO NOT pick at the crusting as it can lead to infection or scarring. Scabs/crust will flake off on its own in 5-10 days, PLEASE DO NOT try and speed up the process by exfoliating.

It is important to keep the treated area clean by washing with a mild cleanser morning and night, followed by patting dry. It is also important to keep the area(s) moisturized. I recommend Grapeseed oil as well as any other hydrating serums you may have (hyaluronic acid, vitamin C, etc.)

**For 24 hours after treatment:**

No make-up

**For 1 week after treatment:**

No sauna/swimming

No sun exposure/tanning beds

Do not use anti-ageing creams, AHA’s, Glycolic or Retinol

Do not use exfoliating products

To briefly recap:

After fibroblast treatment, it is important to closely observe the following aftercare advice:

\* Burning sensation will reduce after about 24-48 hours and Anti-inflammatory / anti histamine medication can help.

\* You may have some swelling especially around the eyes. Swelling usually only lasts a few days.

\* Ice packs and hydrating face masks can soothe and help reduce swelling.

 \* Occasional weeping will settle.  
\* Formation of brown / black crusts on skin surface. DO NOT pick!

\* Crusts will fall off in about a week.

\* Keep treated area clean and dry.

\* Use sunscreen of 30 SPF or higher

\* Do not cover with plasters or occlusive dressing.

\* Contact for advice if area becomes hot, red or weeping pus.