



FIBROBLAST PLASMA PEN - PRE/POST CARE

Fibroblast Plasma Skin Tightening Pre-Care

- Any signs of a virus, cold or flu treatment should be rescheduled.
- Do not wear contacts on the day of your procedure.
- Skin should be clear of any irritation or breakouts.
- No sunburned/tanned skin-I will reschedule you if skin is not acceptable.
- Eyelash extensions (upper & lower) cannot be present at time of treatment.
- Re-application of eyelash extensions can be done 8 weeks AFTER treatment.
- Discontinue any use of resurfacing (acid based) cleansers, creams, serums and moisturizers containing salicylic, retinols, AHA's, lactic, glycolic, BHA's 4 weeks before facial Plasma Pen Skin tightening treatment.
- FIBROBLAST PLASMA PEN SKIN TIGHTENING POST-CARE
- You must follow Post Care instructions correctly to ensure the best outcome.

The Basics:

- Do not wash your face until the following morning with a gentle unscented cleanser (CeraVe Hydrating Cleanser).
- You may experience stinging for a few hours post treatment. It is normal.
- If treated area is swollen you can apply icepack covered in a clean damp cloth.
- Do NOT apply ice directly to the skin. It WILL damage the skin.
- Avoid taking anti-inflammatory medications: Aspirin, Tylenol, Ibuprofen, Naproxen Sodium or steroids unless prescribed by your doctor.
- Your treatment area will experience swelling.
- Healing will take a minimum of 5-7 days.
- Do NOT pick, peel, rub or scratch your face or scabs during your healing process. Allow scabs to fall off on their own.
- Be gentle with washing or applying post care ointment to the treatment area.
- Be patient and allow the body to rest and heal.

Post Care Steps:

- Splash wash your face gently am & pm with CeraVe Hydrating cleanser. Rinse & blot dry with soft towel. Do not scrub, be aggressive or rough with your skin in any way.
- Gently apply your after care product after cleansing (with clean hands) am/pm to relieve pain/itching until scabs have fallen off. It aids in preventing scarring & infection.
- No makeup (includes mineral makeup) for 4 days after treatment.
- You can wrap an ice pack in a clean towel and apply ice pack on & off up to one hour per day for day 1 and 2.
- No sun exposure or tanning beds. After scabs are completely gone apply a 40 block sunblock (Tizo) everyday under your makeup for a minimum of 3-4 months. UV rays can damage and scar skin or cause hyperpigmentation.
- No working out, hot tubs, hot baths, steam/hot showers and avoid sweating.

SWELLING:

- The treated area is going to swell due to the Plasma Pen treatment. This is a normal result of wound healing and part of the healing process. The swelling will subside in a matter of days.
- Sleep propped up on a pillow.
- Sit upright or propped up on pillows.
- Swelling is worst in the AM on day 1 & 2 post treatment.
- Apply your ice packs for day 1 & 2.
- No cross contaminating towel when in use.
- Wrap in clean towel, off and on, 1 hr total per day.
- Your skin will ooze for the first few days.
- Your skin will feel sunburned day 1 & 2.
- Day 3 your swelling will lesson and your dots will start to scab. No picking!
- Minimal discomfort on day 3. Eye swelling may still be present.
- Day 4 will show far less swelling and discomfort.
- Day 5 your swelling should be minimal, scabs present, under eye swelling almost resolved if not gone.
- You can resume your skin resurfacing agents 8 weeks post treatment.

Please contact me with any concerns or questions.

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