



## MEDICAL AESTHETICS

HINGHAM | EASTON | MILTON

## PLASMA PEN® PRE/POST TREATMENT

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### INTRODUCTION:

Like most skin rejuvenation treatments, there may be some side effects however, the post-treatment downtime and recovery with a Plasma Pen® UK device combined with the end result is by far superior when compared to treatments delivered with other devices. However, we are not in control of what you do when you leave and you must follow these important guidelines carefully if you wish to enjoy optimal results and protect your investment in receiving a Plasma Pen® treatment. Although for most patients 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. Everyone has their own sensitivities and tolerances. Your technician will work closely with you on this including providing and/or recommending the best numbing product(s).

Our Plasma Pen® device and our exclusive nano-probes allow our technicians to work very quickly and efficiently and this will dramatically minimise any potential discomfort for you. It is exceptionally rare for a patient to ever feel they have gone past 3 on a 1 to 10 scale of discomfort. For most treatments, it will actually be more around a level of 1 on such a scale. Most patients experience no discomfort at all and state that our treatment merely tingles. We frequently observe most patients experience no discomfort at all and state that our treatment merely tingles.

### BEFORE TREATMENT:

We recommend you avoid sun-tanning, spray-tanning, tanning injections and sunbeds for 2 to 4 weeks before your treatment. Ideally, you should try to use SP50 to prep your skin for 2 to 4 weeks before your treatment, especially if you are naturally darker skinned. You may even wish to consider using a natural Tyrosinase inhibitor as this can help prevent the enzyme "Tyrosinase" from misfiring or over-oxidizing the Tyrosinase and helping ensure there is no over production of pigment in the skin. Tyrosinase inhibitors are not just useful for those who suffer from hyperpigmentation but for all clients - even those with healthy, even skin.

In the weeks before your treatment, avoid any other type of procedures on the same area which you intend to have treated with of our device, such as laser therapy, chemical peels, fillers, micro needling etc. as this may prevent your treatment being performed by your technician at the time you want it. Ahead of any treatment you will have completed a detailed consultation and you should do this honestly so that any and all contraindications can be known, observed and/or best mitigated.

Your technician will take photographs before and after your treatment for insurance purposes and we recommend you also do yourself. Many clients find it difficult to fully remember precisely what they looked like before they received their treatment and having a comparison to refer to is often an astonishing eye opener for customers when they truly appreciate the short, medium and long-term differences after receiving a Plasma Pen® procedure. We have a variety of pre-treatment products available to optimise the results of your Plasma Pen® procedure – please ask your technician for details.

## IMMEDIATELY FOLLOWING YOUR TREATMENT (FIRST 24 TO 48 HOURS):

- You may continue with your daily activities as normal and you will be physically fine to return to work although you obviously may not look your absolute best during the initial healing process (usually 3 to 7 days) while your new epidermis is forming **DO NOT WASH YOUR TREATED AREA UNTIL THE LAST DOT HAS FALLEN OFF**, in the first 24-48 hours apply sterile water on lint free cotton pads or gauze, wring the damp pads out to be almost dry, gently pat the treated area, do not rub, this will help remove any weeping which can occur during the swelling stage. Then apply colloidal silver with aloe vera or the tinted after-care balm
- Your Plasma Pen® technician will offer you a tinted after-care balm with SPF50 which can provide camouflage and can be used immediately after your treatment. You must apply a small amount everyday and **NOT** wash it off until the last dot falls from the skin. We don't recommend oily skinned clients use this 2 product as they generally heal slower and this product could inhibit their recovery
- We recommend all clients apply small amounts of Plasma Pen® Silver Colloidal Gel with Aloe Vera, up to 3 times per day, until scabs have formed and then flaked off. **HOWEVER** if you live in a hot humid climate dry heal after 48 hours. This gel is a powerful and natural anti-bacterial/anti-viral product where the two main active ingredients (colloidal silver and aloe vera) work in tandem to soothe inflamed skin and heal it fast. Once applied and left to dry the gel leaves a protective coating designed to act as a barrier against infection and it helps speed up skin healing. Its primary ingredients offer amazing skin protection benefits including tissue healing, anti-inflammatory properties, sun protection, improved skin metabolism, increased moisture retention and disinfectant properties. It also provides relief from possible itching and helps expedite a scar free healing process.
- There may be some mild to moderate swelling to the area(s) treated, especially around the eyes and within the periorbital region (if that is where you have had a procedure) The degree of swelling differs person to person therefore your swelling cannot be compared to another person
- Swelling and inflammation for 1 to 5 days post-treatment is normal and indeed desirable given the inflammatory response we are wanting to stimulate but this will usually be of a very minor nature and is to be expected. Swelling is mostly applicable/common to blepharoplasty treatments
- Please try and avoid the use of anti-inflammatory tablets (such as Ibuprofen) and anti-histamine tablets during the short term healing process since the inflammatory and histamine response is a key part of the plasma treatment process
- If possible; we recommend you take a high dose of vitamin C supplements over the course of the full skin tightening process 12 weeks as this will help give your immune system a big boost. In turn this helps you to repair by stimulating collagen production and also helps avoid post inflammatory hyperpigmentation
- You may experience a "stinging" sensation in the treated area(s) immediately after treatment that will feel a little like mild sunburn. This is normal and is simply the heat exciting the skin. It generally only lasts for an hour or two
- We recommend **NOT** exercising straight after a treatment because any heat, steam or sweat could add to the inflammation that is already present and unnecessarily moisten the skin
- The area that has been treated must **NOT** be covered with plasters, occlusive dressing or any type of make-up, mascara, creams or any other product until the area has fully healed (outside of specific products we recommend and which should be available from your technician)
- If you have received facial treatment, we recommend you sleep on your back with your head

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elevated to avoid brushing your face on your pillow. If you have received treatment to your eyes then it is important you sleep slightly elevated for up-to seven days as this can greatly reduce swelling

- 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 of vital importance in protecting you from any kind of potential infection so please avoid any activities where, for example, you could expose yourself to contaminants. Plasma Pen® Silver Colloidal Gel With Aloe Vera is, as stated, a natural anti bacterial/anti-viral product which will help in this area as will our tinted after-care balm which also contains anti bacterial/anti-viral ingredients as well as SPF50
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#### THE FOLLOWING DAYS AFTER YOUR TREATMENT (FIRST 3 TO 7 DAYS):

- It is normal for the area that has been treated to feel tight and dry
  - Occasional weeping will settle, for body treatments purchase medicated powder and sprinkle the areas to keep them dry and absent from sweat
  - Tiny carbon crusts will quickly form on the treated area. These may be visible for up to a week or so but for most clients they will have formed and desquamated (flaked off) naturally within a matter of days. In hot humid climates this could be up to 3 weeks for the face and up to 6 weeks for the body.
  - Do NOT pick crusts off as this will delay the healing process and could cause scarring
  - The area(s) treated may be cleansed daily with luke warm pre-boiled water and a soft, lint free cloth. You are only removing excess oil and do not need to thoroughly cleanse the treated skin. Do NOT be tempted to rub or brush the area to aid the removal of the crusts and certainly do not use exfoliating products on the area that has been treated. Pat dry with a clean tissue
  - As stated, you should try to keep your scabs/crusts hydrated by applying Silver Colloidal Gel With Aloe Vera up to three times a day - but only in small amounts as the aim is to introduce the ingredients and deliver some hydration and NOT to soak or over-moisten the area as that can prevent carbon crusts forming and/or cause them to desquamate (flake off) too soon
  - We advise you do NOT stand with your face or body under a hot shower for the first 3 to 4 days if that is where you have had treatment. This could increase swelling and prevent the carbon crusts forming naturally. Try to avoid shower gels and hair products running onto your face as this could cause irritation and inflammation. Rinse thoroughly with pre-boiled tepid water if products do come into contact with the area(s) treated and pat dry
  - Outside of using Silver Colloidal Gel With Aloe Vera and/or after-care balm then please do NOT apply any other lotion or creams unless your practitioner has specifically advised you to do so. Absolutely do NOT use any lotions or creams that contain perfume or alcohol. The area(s) must be kept free of oil to help the crusts form and then fall off of the skin naturally. Do NOT rub or abrade the area(s) or use exfoliating products. This could result in scarring and/or pigmentation
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#### THE NEXT 3 MONTHS (AFTER FIRST 3 TO 7 DAYS):

- Men should avoid shaving the treated area until the last carbon crust has fallen
- After treatment around the eyes, avoid wearing contact lenses until the last carbon crust falls to avoid corneal abrasion which could occur if a crust gets trapped between the lense and the eye

- When the carbon crusts have fallen off, your skin may be a little pink as it is essentially fresh, new and rejuvenated baby skin. **AVOID FULL SUN ON YOUR NEW BABY SKIN**
- Once the crusts have all fallen off you may apply your normal foundation/ make-up but avoid using skin care products containing glycolic or any other active exfoliating ingredients as this will cause irritation
- You absolutely **MUST** now begin to apply SPF50+ while your skin is in the healing stages (pink-in-colour), especially when you are out and about and you should continue to do so for at least 12 weeks (and ideally longer). The area(s) treated have produced brand new skin and may burn and/or pigment without adequate protection from the sun
- You absolutely must **NOT** use saunas or sun beds during your 10-12 week healing period and ideally for longer. Avoid the midday sun
- All other medic-aesthetic or surgical treatments on the same area should be avoided whilst your skin is healing, including Plasma Pen® treatment (it is of course fine to have other areas treated)

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#### OTHER IMPORTANT AFTERCARE ADVICE & TOP TIPS:

- Avoid smoking and alcohol
- Taking Vitamin C supplements over the course of the healing process can give your immune system a big boost and help your skin repair. Consider the use of topical anti-oxidants to fight sun damage such as a stable Vitamin C serum, Vitamin A creams, tranexamic acid, kojic acid, liquorice extract, zinc oxide are all good ingredients in skincare to help prevent/lighten hyperpigmentation and prevent sun damage
- We have a wide variety of products that can be purchased for use after your carbon crusts have flaked off. These are designed to further supercharge your recovery/results. Please ask your technician for details
- Any additional treatments that may be required must only be performed once the skin is completely healed and has returned back to its normal colour. This usually takes about 12 weeks for the face and up to 4-6 months for the body
- Plasma Pen® treatment is the gift that keeps giving and on top of the immediate rejuvenation, lifting and tightening effects you will likely experience, it can actually take 8-12 weeks for the full effects of your treatment to be seen. You may not require further treatment once the effects of your original treatment are more determinable. A greater level of skin laxity will result in multiple treatments over time
- Please note that if you do require a longer period of time between treatments then the delay will not alter the outcome/results
- You must wear sunblock whilst healing and when working on your laptop, pc, tablet or phone unless you have blue screen protectors attached to your devices. These devices are proving to promote pigmentation within the skin and therefore a broad spectrum spf50 sunblock must be worn such as the LWI Tinted Aftercare Balm spf50++