



PLASMA FIBROBLAST PRE AND POST CARE

PRECARE

- Avoid sunbathing, spray tanning, tanning injections, or sunbeds for at least 4 weeks before your treatment
- Use SPF50 daily for up to 4 weeks before the treatment to protect your skin
- Avoid any other type of treatment in the same area as you are having treated for up to 4 weeks before the treatment, including laser therapy, chemical peels, microneedling, or fillers
- Avoid smoking and alcohol for 48 hours before your treatment

POSTCARE

For the first 7 days following a Plasma Fibroblast treatment, it is normal for your skin to feel quite tight and dry, or you may experience very slight and occasional weeping that will settle over time. Small plasma carbon crusts will form on the treated area, and these will be visible for up to a week or so before naturally flaking off. To care for your skin following a Plasma Fibroblast treatment, we recommend the following:

- Do not pick off the crusts as this will delay the healing process and can cause scarring.
- Cleanse the area daily by blotting with provided cleansing tonic or distilled lukewarm water, and a soft, lint-free cloth to remove excess oil. Follow this by patting skin dry with a clean tissue.
- Do not use your own makeup until all scabs have shed.
- Do not exercise or do anything that would cause you to sweat for at least seven days or until all crusts come off.
- Do not use exfoliating products on the treated area as this may result in scarring.
- If you have had a Plasma Fibroblast treatment on the face and especially around the eyes, sleep at a 45° angle for the first three days.
- If you have had a Plasma Fibroblast treatment around the eyes, avoid wearing contact lenses for 72 hours.
- Avoid applying anything other than the provided aftercare to the areas of the skin that have been treated and only use your own skin care once the scabs have shed.
- Ensure the scabs and crusts are hydrated by applying Silver Colloidal Gel with Aloe Vera, Advanced repair healing balm or tinted aftercare balm SPF50 twice a day.

After the first 7 days, you should find that the carbon crusts have naturally fallen off, however your skin may be a little pink as it is essentially fresh, new, and rejuvenated skin. Once the plasma carbon crusts have fallen off, you are now able to start applying your normal makeup but avoid using all other skincare products that contain glycolic or exfoliating ingredients. We also recommend:

- Once the Plasma carbon crusts have fallen off, you must now begin to apply SPF50+ sunscreen every day whilst your skin is healing, and for at least 12 weeks.
- Avoid saunas, steam rooms, and tanning beds for up to 12 weeks during the healing period.
- Avoid all other medi-aesthetic or surgical treatments on the same area for at least 8-12 weeks for dermal fillers, 3 weeks for Botox while skin is healing.
- Avoid in the first 6 weeks any non-invasive/heat treatments such as radiofrequency, laser peels and microneedling.