



## PLASMA PEN BEFORE AND AFTER CARE INSTRUCTIONS

It is important that the following guidelines be carefully followed for optimal results.

Eye Treatment Areas: Clients must remove eyelash extensions, strip lashes and/or contact lenses and should avoid wearing them until scabs have resolved.

### **Before Your Treatment**

- **No** tanning (spray tanning, sun tanning and tanning beds) for 2 to 4 weeks before your treatment.
- **No** facial acids (Retin A, salicylic, glycolic) 14 days before and 21 days after Plasma Pen.
- **No** Botox 5 days before Plasma Pen.
- **No** Fillers 21 days before Plasma Pen.
- **No** Micro-needling/PRP 21 days before or after the Plasma Pen.
- **No** Peels for 30 days before or after Plasma Pen.
- **No** facial surgery 9 months before or after Plasma Pen.
- **YES** We recommend begin taking a high dose of Vitamin C 2,000 to 4,000 mg per day along with a collagen supplement. These 2 supplements will help support your immune system, contributes to wound healing, and build collagen.

### **First 72 Hours Following Treatment**

You must follow the provided aftercare protocol to expedite the healing process and avoid complications.

THE GOAL IS TO KEEP THE AREA CLEAN AND DRY.

1. You may experience a “stinging” sensation in the treated area(s) immediately after treatment. This is normal and it generally only lasts for up to three hours.
2. **Avoid** taking anti-inflammatory medications like aspirin, ibuprofen or steroids at least one week before and after the treatment if possible. Tylenol is acceptable.
3. If you are receiving a Plasma Pen treatment anywhere on your face or neck, we recommend you sleep on your back with your head elevated to reduce swelling.
4. We recommend that you **DO NOT** apply cold packs or ice during the swelling period. Icing will diminish the outcome and inhibit the inflammation process that we want to naturally happen. Applying cold ice packs could interfere with the mechanism of action performed by the device and the skin’s natural healing process to achieve the desired result. If necessary use ice minimally during the first 48 hours making sure the not to get the treated area moist.

5. **DO NOT** exercise 72 hours after treatment or expose yourself to any heat, steam or sweat because this can intensify the inflammation that's already present.
6. **DO NOT** cleanse the treated area until the following day.
7. The area that has been treated must **NOT** be covered with any occlusive dressing, or any type of sunblock, make-up, mascara, creams or any other products until the area has fully healed. Many ingredients in skin care products and cosmetics can irritate the skin and cause allergic reactions. Ultimately this will slow your healing process and possibly impede desired results.
8. 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 vital in protecting you from any potential infection, so please **AVIOD** any activities where you could expose yourself to contaminants. Make sure your hands are clean and washed before touching the treated area.
9. You may return to work the following day. However, you will not look your absolute best during the initial healing process (approximately 7 days).
10. Expect redness, heat, swelling and inflammation for the first 1 to 5 days post-treatment. This is normal but will usually be of a very minor in nature.

### **Days 3-7 Following Your Treatment**

#### THE GOAL IS TO KEEP THE AREA CLEAN AND DRY.

1. It is normal for the area that has been treated to be red/pink, swollen, tight and dry. Occasional weeping is normal and will settle.
2. Tiny crusts will quickly form on the treated area. These may be visible for up to about a week.
3. **DO NOT** pick crusts off as this will delay the healing process and could cause hyperpigmentation and scarring.
4. The area(s) treated may be cleansed daily with room temperature water and your fingers. Avoid using washcloths or any other washing devices. You are only removing excess oil and do not need to thoroughly cleanse the treated skin. **DO NOT** be tempted to rub or exfoliate the area in any way to aid in the removal of the crusts. Pat dry with a clean towel.
5. **DO NOT** stand with your face under a hot shower for the first 3-4 days. This could increase swelling. Try to avoid shower gels or hair products running on to your face as this could cause irritation and inflammation. Rinse thoroughly with tepid water if products do come into contact with the area(s) treated and gently pat dry.
6. **AVOID** swimming or chlorinated water as it can increase irritation.
7. Men should **AVOID** shaving the treated area until it is fully healed (around 7 days).
9. If you have had treatment around your eyes, you should **AVOID** wearing contact lenses for 72 hours after your treatment.
10. MAKE UP MUST BE **AVOIDED** UNTIL THE SCABS HAVE FALLEN OFF.
11. **NO Sun Exposure. NO Tanning Beds.** Once the scabs have fallen off, you must wear a PHYSICAL sunblock ONLY, (which is zinc & titanium) and a hat while your skin is in the healing stages (pink in color) and you should continue to do so for at least 12 weeks to avoid hyperpigmentation. Wear sunscreen whether your inside or outside!
12. Facial Masks. **AVIOD** wearing a facial for the first 48 hours if the treatment area is around the mouth, chin or cheeks. After 72 hours make sure to wear a fresh clean mask daily, changing out your mask several times a day if possible.

## Weeks 8-12 Following the Treatment

1. Once the scabs have fallen off (approximately 7 days), your skin may be a little pink. This is normal and will resolve over time. You may begin to apply your normal foundation/make-up/sunblock but **AVOID** using skincare products containing glycolic/salicylic/retinoic/AHA/scrubs/Clarisonic or any other active exfoliating ingredients/devices for at least 21 days, as this will cause irritation. We recommend mineral make which has minimal ingredients and allows the skin to breathe while your healing.
2. **AVOID Sun Exposure. AVOID Tanning Beds.** Once the scabs have fallen off, you must wear a **PHYSICAL** sunblock **ONLY**, (which is zinc & titanium) and a hat while your skin is in the healing stages (pink in color) and you should continue to do so for at least 12 weeks to avoid hyperpigmentation. Wear sunscreen whether your inside or outside!
3. **DO NOT** have any other facial treatments in the same treatment area while your skin is healing (12 weeks).
4. **DO NOT** wax the treatment area for at least 21 days, if not longer
5. You must **AVOID** saunas during your 12-week healing period.
6. We recommend that you take a high dose of Vitamin C 2,000 to 4,000 mg per day along with a collagen supplement. Also be sure to hydrate with 2 Liters of water per day. The healing process as this will give your system a boost, help you repair and also helps with hyperpigmentation.

Immediate rejuvenation will occur as well as lifting and tightening effects from the Plasma Pen. It will take 8-12 weeks for the full effects of your treatment to be seen.

If additional treatments are required, it will be necessary to wait until the skin completely healed (12 weeks) for the next treatment occurs.

I have read an understand the pre and post care for the Plasma Pen Treatment.

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Client Signature

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Date

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Client Care Coordinator

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Date