

Plasma Skin Tightening By Aubrey James

AFTERCARE INSTRUCTIONS

Keep the area clean to avoid infections until the scabs have formed and exfoliated on their own. **Follow the aftercare instructions exactly as written to ensure the best possible healed outcome.**

1. Ice the treated area (use a clean tea towel to cover the ice pack) alternating 10 minutes on and 10 minutes off - for up to one hour for the first 2 days.
2. Keep the treated area clean using a mild unscented glycerin (Cetaphil) or Dove unscented soap twice a day (morning and night) Gently splash the area with cool water and very gently clean with soap and rinse very thoroughly. Use very mild gentle pressure to clean skin.
3. Gently apply your Aftercare product provide by your Fibroblast Plasma Technician (using only clean hands) to the treated area as needed to relieve pain/itching each day until your scabs fall off on their own. It's best to use the aftercare ONLY day 1 and day 2 to allow the area treated to begin to dry out completely.
4. IMPORTANT!!! Allow the scabs to come off on their own. This will ensure the best possible healed result and avoid scarring and infection. Do not pick the scabs, let them fall off on their own or you risk scarring.
5. Do not apply any makeup (even mineral) until the scabbing or peeling is complete (about 4-7 or 7-10 days depending on the area treated). 6. Be patient with the process and allow yourself time to rest and heal.
6. Please refrain from applying any moisturizer to the area treated. Keeping moisture in the area that has been treated will prolong the carbon crusts from drying up and will ultimately take them longer to shed.
7. Avoid sun exposure and tanning beds - Once the scabbing / peeling process is complete, always apply a broad spectrum sunblock to the treated area for up to a minimum of 3 months after your last treatment. The skin is still healing and can become damaged by the UV rays causing hyperpigmentation.
8. Do not apply any plasters (liquid bandaid) on the treated areas as doing so can delay the natural healing process. 9. Don't work out, swim, hot tub or steam bath (avoid sweating and soaking scabs)
9. Please stop the use of any Retin A topical treatments until the Plasma area treated is fully healed. You may begin use again at 8 weeks.
10. Once the Carbon crusts fall off it is recommended to begin using Bio-oil and use for the duration of 8 weeks. Bio oil helps to put the moisture back into the skin, aids in

healing, brightening and helps to prevent any hyperpigmentation. (Bio-Oil can be purchased on Amazon, Ulta, or at Walmart)

Swelling

Swelling is to be expected after this type of treatment. This is due to the fact that the area will be recovering from a deliberate controlled burn, therefore the natural side effect is swelling. There are steps you can take to minimize the swelling but it cannot be avoided. You can't avoid or cure the swelling - it is a response to the trauma. The swelling will subside in a matter of days.

*Arnica in pill form can be purchased but is not mandatory. Arnica is an all natural homeopathic herb that helps to promote faster healing within the body, aids in inflammation and repair. Drs often suggest it prior to surgeries. Suggested intake is 3 tabs dissolved under the tongue 3x per day.

Stages of Healing

Day 1: Try to lay propped up with pillows. Do not lay completely horizontal. Weeping from the treated area is normal as well as some pain and discomfort. The swelling will likely be worse in the mornings and lessen towards the evening. You may find it difficult to open your eyes in the morning following the treatment however, it will subside throughout the day. It will feel like a bad sunburn.

Day 2: The Swelling typically peaks by day 2. Do not be surprised if the swelling is worse on the 2nd day. Remember: swelling is worse in the mornings and lessens throughout the day. Swelling can also spread to the under eye area **DON'T PANIC** this is perfectly normal. The upper and lower eye are all connected therefore the fluids from the upper eye will drain to the lower eye area. Discomfort and pain are still present and to be expected on the second day.

Day 3: You will notice an improvement in the swelling and the "dots" will start to crust/scab over. The scabs must not be picked, allow them to fall off on their own. Your level of discomfort will have subsided dramatically. Minimal pain expected for the third day. For those who experienced the under eye swelling, this will still be present.

Day 4: Some mild residual swelling may still be present on the upper eyelids. No more pain or discomfort should be felt.

Day 5: Swelling should be complete and scabs may still be present. The under eye swelling should be almost completely resolved by this point if not gone.