

# PLASMA FIBROBLASTING | AFTER CARE

- ✓ **FIRST 2 DAYS:** 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 you will only clean the area gently, with saline solution and sterilized gauze.
  - ✓ **AFTER THE 3<sup>RD</sup> DAY;** keep the treated area clean using a mild 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.  
Gently apply your aftercare product (using only clean hands) to the treated area as needed to relieve pain/itching each day until your scabs fall off on their own.  
This will ensure the best possible healed result and avoid scarring and infection.  
Be patient with the process and allow yourself time to rest and heal.
- Avoid sun exposure and tanning beds – Once the scabbing/peeling process is complete, always apply a broad-spectrum sunblock to the treated area for a minimum of 3 months after your last treatment. The skin is still healing and can easily become damaged by the UV rays causing hyperpigmentation.**

## AFTERCARE DONT'S:

- × Do not pick the scabs. Let them fall off by themselves or you risk scarring
- × Do not apply any make-up (even mineral) for the first 5 days or until the scabbing or peeling is complete (about 5-10 days).
- × Do not apply any plasters (liquid band aid) on the treated areas as doing so can delay the natural healing process.
- × Do not work out, swim, get in a hot tub or steam bath (avoid sweating and soaking scabs), for 7 days after the treatment.

## **IMPORTANT!!! ALLOW THE SCABS TO COME OFF ON THEIR OWN**

Your following skin care plan during the first 7 days:

**First 2 days:** Only Saline solution. No sun exposure.

**After 2 days | Mornings:** Mild Cleanser – Recommended Cream – Sun protection

**After 2 days | Nights:** Mild Cleanser – Vitamin E Serum and/or Recommended Cream

**If you have any questions regarding your treatment, please don't hesitate to contact:**

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## **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 wound, 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.

## **STAGES OF HEALING:**

Each person heals different; however, this is what you can expect.

**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, DONT 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. This too shall pass. 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 3rd 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.

**Day 6 - 10:** The scabs will be completely gone and the skin will look new and pinkish.

**YOU RESUME YOUR REGULAR SKIN ROUTINE, THIS WOULD INCLUDE CLEANERS, AHA, CREAMS AND SERUMS CONTAINING ACIDS SUCH AS SALICYLIC, GLYCOLIC, LACTIC, ETC., AS WELL AS SUN EXPOUSURE:**

After 8-week post treatment.

Meanwhile, the technician will advise and recommend you the best skin care products, to help your skin to improve during the following 8 weeks after the treatment.

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