

Plasma Treatment Pre & Post Care

One Week Before Treatment

- Use of prescriptive skincare at home is a must.
- This will have been discussed at your skin consultation and analysis.
- Duration before advanced treatments will vary from 2-8 weeks before the first treatment.
- Discontinue the use of Vitamin A serums/ creams.
- If you suffer from cold sores/herpes infections and are having a treatment around the mouth, you must inform us before treatment. You will be advised to purchase from a pharmacy Famvir Anti-viral tablet to prevent an outbreak. If you have a cold sore at the time of your treatment, your treatment may be cancelled.
- Inform us in advance if you are taking antibiotics, or anti-coagulants, suffer from cold sores, have a virus, or have metal implants in your body or pacemaker, as you may be required to get your doctor's approval before treatment is carried out.
- Do not wax, pluck, use depilatory creams or undertake electrolysis for four weeks before and between treatments.
- 7 days prior, discontinue the use of Vitamin A & C
- Avoid tanning and incidental sun exposure, including self-tanning lotions and tanning beds/booths for four weeks before and between treatments.
- Ube zinc should be used on any sun-exposed skin area you plan to treat.

Day of Treatment

- Cleanse and apply SPF on the day of the appointment.
- Straight after the treatment, you will see small scabs, and the skin on the area treated will be pink/ red and warm.
- Post-treatment, use a cold compress if needed. 10mins on and then off. If your eyes were treated, sleep elevated.

Post Treatment

- You must adhere to the aftercare advice following the treatment. This is very important and will reduce the risk of post-procedural infection upon leaving the clinic.
- Day 1 post-treatment: Your skin will feel tender, red and scabs will appear darker,
- If you had the treatment under your eyelids or eyes, expect quite a bit of swelling. The amount of swelling varies from person to person. This is normal and lasts 2-4 days. Sometimes vision can be tricky due to swelling, so we advise taking the first 2-3 days of work. When treating other areas of the face or neck, swelling is not as bad, and time off work is usually only needed if you prefer to rest at home.
- Until scabs fall off, keep the treated area dry.
- Apply Dermaheal morning and night gently with a cotton bud. Continue to use the Dermaheal twice a day for four weeks.
- As the day's progresses, scabs will appear more prominent and darker as they heal and will naturally fall off after days 5-14.
- A mineral foundation can be worn from day four if needed to help camouflage scabs; however, remember you cannot wash the area that has been treated until scabs have fallen off, so the foundation cannot be cleansed off.
- You must let the treated area heal properly.
- Avoid picking, plucking, or knocking as this will hinder the healing process and make the treatment appear uneven, thus requiring further work.
- It is essential to be consistent with sun protection!
- For your safety, avoid sunbathing and solariums for at least three months, as hyper or hypopigmentation can occur.
- Once scabs have fallen off, please resume everyday skincare as you suggested at your consultation.
- Book a follow-up appointment at approx—4 weeks post-treatment.

Note

- Skin can stay pink/red for 6-12 weeks.
- Stay out of the sun for three months.
- No laser, peels, or glycolic skincare for three months.