



What to Expect After Your Plasmedic Treatment

Plasmedic procedures can produce side-effects. The intensity and duration of your side effects depend on the treatment aggressiveness and your individual healing characteristics. Generally, patients who are treated more aggressively experience more intense side-effects that last longer. However, some patients have greater than expected reactions to less aggressive treatments and others have fewer side-effects to aggressive treatments than would ordinarily be expected. Notify your technician if the severity of your side-effects becomes a problem for you.

- **Swelling.** You will notice most of the swelling on the first morning after treatment, particularly around the eyes. Swelling usually lasts two to three days. To minimize swelling do the following:
 - **Apply cold compresses** to the treatment area for 10 minutes of every hour on the day of treatment, until you go to bed.
 - **Sleep elevated** the first night. Use as many pillows as you can tolerate.
- **Redness.** Most redness resolves during the first week after treatment, but a rosy “glow” can remain for several weeks. If you wish, you can apply makeup immediately after treatment to minimize the redness.
- **Dry skin.** Your skin may feel dry, peel, or flake. You may notice a “sandpaper” texture a few days after treatment. This is the treated tissue working its way out of your body as new fresh skin is regenerated.
- **Bronzing, Crusting and Small Dark Dots.** Plasma treatments cause destruction to microscopic cylinders of skin which then exfoliate during the healing process. The Plasmedic treatment can make the skin look bronzed and or crusted (**do not try to scratch them off**). Scratching off any carbon deposits may result in hypo-pigmentation of the skin that may not be able to be reversed. Please refrain from scratching any areas that are healing.
- **Raw Skin.** If you develop areas of raw skin post treatment, keep them moist with something like Aquaphor® or Bacitracin®. You do not need to apply band-aids, but keep the areas moist and do not pick at them. They will heal very rapidly on their own and without problems.



How to Care for Your Skin After a Plasmedic Treatment

Day 1 – Apply Aloe Vera Gel sparingly as needed

- Apply cold compress if needed 10 mins on 10mins off for 40 mins
- Keep area dry
- Sleep elevated

Day 2 – Apply Aloe Vera gel sparing until after noon

- Apply Plump serum / Vitamin C / skin care serum / colloidal silver 2x daily for 4 weeks +

Day 4 – Crusts will begin to flake away

- Continue serum application

• **Skin Care Products.** All of your skin care products should be non-irritating and non-clogging for the first week or so after PPP Treatment. For best results, we advise using our **Plasmedic Advanced Healing Moisturiser.**

- **Sunscreen.** The sunscreen should offer broadband protection (UVA and UVB) and have a sun protection factor (SPF) of 50+. You should first apply sunscreen only once the crust have gone, 20 minutes before going outside, and again, immediately before. After that, reapply your sunscreen every 2 hours. If direct sun exposure is necessary, wear a hat and clothing that covers the treated area. Use this regimen during the healing period and always.

• **Moisturiser.** Remember that peeling and/or flaking is normal during the healing process. Therefore, the product should be non-irritating and non-clogging, else you could develop breakouts. During the healing period your normal moisturizer may be too occlusive, so please consider using our BTW Plump serum or Plasmedic. Reapply whenever your skin feels dry.

• **Scrubs, Toners, Glycolic Acid, and Retin A.** Your skin will be sensitive for the first week or so after treatment, so do not use products that will cause irritation during this time. Do not use abrasive scrubs, toners, or products that contain glycolic acids or Retin A. Read the product labels.

- **Resume your normal skin care regimen** when your skin has fully healed.

• **Cold Sores.** If you have a history of cold sores, Plasmedic treatments can and will cause a flare up. Be prepared with medication for before and after treatment.

• **Other Instructions** _____

If you have any questions or concerns, please do not hesitate to contact Penny on 021 0500 497