PLASMA PEN AFTERCARE

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The following aftercare advice is essential to help reduce the risk of treatment complications, to improve your comfort/healing and to help achieve the best possible results from treatment. Please follow the aftercare advice for Plasma Pen.

The treated area of skin may feel slightly tender and appear red and swollen afterwards. Your skin may also feel tight and dry after treatment. These effects will resolve naturally but may take up to 7 days to settle. You may experience some minor bruising which may take 1-2 weeks to resolve in some cases.

A cold compress may help swelling as well as sleeping propped up on 3 pillows to help drainage of fluid overnight.

You may experience some minor crusting and weeping; this is normal following treatment.

Never pick crusted or scabbed areas as this may lead to scarring.

Contact your practitioner at any stage if you are concerned about how the area is healing.

The healing and skin remodeling process can take up to 8-12 weeks, the full effects of treatment can be seen after this time.

Use a mild cleanser with tepid water to clean your face for 7 days after the treatment and gently dry the treated area. Keep your hands clean when touching your face.

Avoid any perfumes, fake tan or other harsh chemicals for 72 hours after treatment because these can irritate the skin.

Avoid any makeup for at least 7 days after treatment as this can increase the risk of infection.

Do not cover the area with a dressing or plaster.

Avoid any skin exfoliation in the treated area for 12 weeks after treatment.

Use a soothing aloe vera cream three times per day on the treated area. This can help the healing process and keep any crusted areas moist.

Do not use oils or other creams on the area for the first 7 days.

Avoid any products that contain alpha hydroxy acids, retinol, and glycolic acid for at least 12 weeks after treatment.

Avoid strenuous exercise for 48 hours after treatment.

Avoid Sunbeds, saunas, steam rooms and excess sun exposure for 12 weeks after treatment. These can cause sweating which can irritate the delicate skin and slow down your ability to heal quickly.

Avoid swimming for 7 days after treatment.

Avoid any excess alcohol or caffeine for 48 hours after treatment.

Wear SPF 50 or greater sunscreen for at least 12 weeks following treatment as your skin will be more sensitive to sunlight afterwards.

Avoid any further cosmetic treatments e.g. Botox or dermal filler for 2 weeks following treatment, or ask your practitioner for advice.

Avoid any hair removal treatments such as shaving or waxing for 2 weeks after treatment.

You must seek medical attention and contact your practitioner if you experience any signs or symptoms of infection after treatment. Infection can present as hot, red shiny skin, there may be pus formation and you may have a fever or feel generally unwell.

You must contact your practitioner as soon as possible if you notice any other unwanted side effects.

Your practitioner will advise when further treatment appointments are required. If you are advised to attend a follow up appointment, please do make every effort to attend them. You should do this even if you believe that the recovery process is going well and you cannot see that there are any visible complications.

It is essential that you have read all of the information available. Once you have read and understood all of the below, please sign the declaration at the bottom of this form. Please do let your practitioner know if you have any questions or if you do not understand any of the aftercare instructions provided below.

- [ ] I confirm that I have read and understood all the information on this Form and that I have been given the opportunity to ask any questions that have come to mind throughout.

Signature