

BEUTILASE

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PLASMA SKIN TIGHTENING PRE/POST CARE INSTRUCTION

Plasma Skin Tightening treatment is not suitable for everyone. There are risks associated with the treatment and it is of the utmost importance to know if you are a candidate for this advanced procedure. If you are considering Plasma Skin Tightening, you should be in good health at the time of the appointment, with no pre-existing health conditions. Ideal candidates for this cosmetic procedure are those with lax, crepe-like skin around the eyes, neck, tummy, mouth, or targeted area for the treatment.

Contraindications. Fibroblast Plasma Skin Tightening is inadvisable for the following:

- If you are prone to keloid scars.
- If you have diabetes, healing disorders, or lymphatic draining issues.
- If you have a history of hyperpigmentation.
- If you wear a pacemaker.
- If you are pregnant or breastfeeding.
- This treatment is only recommended on light-medium skin tones. **Anyone with a darker complexion is at risk for hyperpigmentation**
- You must not display **Herpes Simplex Virus** (Cold sores/Fever blisters). You must reschedule your appointment if you are experiencing an outbreak. If they have experienced Herpes Simplex Virus (cold sores/fever blisters) in the past you must see your Medical Doctor and obtain a prescription for Valtrex and begin taking it 3 days before treatment and for 4 days following treatment.

PLASMA SKIN TIGHTENING PRE-CARE

- If you are displaying signs of cold or flu the treatment should be rescheduled.
- Contact lenses must be removed when performing treatment on the upper eyelids.
- Skin should not be inflamed in the area we are treating prior to procedure.
- If you have a sunburn/suntan treatment should be postponed for up to 8 weeks or until tan/burn signs disappear.
- Discontinue use of any AHA and/or Retinol skincare products for 4 weeks prior to treatment.
- Eyelash extensions receiving upper or lower eyelid treatment **MUST** have lashes removed prior to treatment and reapplied after 8 weeks.
- Discontinue use of any cleaners, creams, and serums containing acids such as salicylic, glycolic, and lactic 4 weeks prior to having any facial Plasma Skin Tightening procedures performed.

PLASMA SKIN TIGHTENING POST-CARE

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.**

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AFTERCARE DO'S:

- 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.
- Keep the treated area clean using a mild unscented glycerin 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.
- 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.
- **IMPORTANT!!! Allow the scabs to come 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 DON'TS:

- **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 4 days or until the scabbing or peeling is complete (about 7-10 days).
- Do not apply any plasters (liquid bandaid) 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).

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

- **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

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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.

When can you resume your regular AHA skin cleansing - this would include cleaners, creams and serums containing acids such as salicylic, glycolic, lactic, etc.) routine? It is safe for them to reintroduce these types of products at the **8 week post treatment mark.**