

PLASMA PEN: POST -TREATMENT CARE

With most products, there are after-care instructions to follow which will ensure optimal results with your Plasma Pen. We will provide a breakdown of aftercare instructions for your Plasma Pen treatment.



Before Treatment

1. It's crucial to avoid any skin procedures that are in the same region as your Plasma Pen treatment. This includes facial care such as chemical peels, fillers, Botox or laser. Wait at least 21 days before peels, botox or fillers. Some peels require more time, so always discuss these treatments and after care options with your technician.

2. It's also important to stay away from any type of tanning from spray tans to sun tans. Try avoid tanning procedures for 2-4 weeks before Plasma Pen treatment. As always, incorporate SPF into your skincare routine. This is especially important *before* Plasma Pen treatment.



IMMEDIATE CARE

1. It's common to feel a burning feeling on the areas treated after your treatment. Do not stress as this is completely normal and goes away within an hour.
2. Always avoid sleeping on your face or side if you are being treated on your neck or face. Instead, sleep on your back.
3. Use a clean cloth or fabric to cover the ice to treat any swollen areas. Avoid placing ice directly on the skin to avoid skin damage.
4. Leave the skin untouched until the next day. This includes washing or cleansing.
5. Avoid all exercise at least 48 hours after any treatment. It's important to avoid sweating or additional heat that increases inflammation and sensitive skin.
6. The technician should give you all the information for after-care. It's important to follow these given instructions as they are specific to your treatment and will speed healing times.
7. Until the area has fully healed, do not put anything on the treated area including make-up, sun lotion, creams, and other products.
8. Redness, swelling and inflammation are very normal after your treatment. It can last 1-5 days.
9. Initial post-treatment care is extremely important in keeping the skin clean and clear of any coverings. This is to prevent infections. It's very important not to touch the face to avoid germs.

DAYS AFTER TREATMENT

1. Do not be alarmed if the skin treated becomes tight, dry or swollen. This is completely normal and will settle down in time.
2. It is also normal for small crusts to form on the treated area. Do not pick off these crusts as they are protecting the skin in healing. Picking them off will only prolong the healing process and create scars. They will also come off in time.
3. To clean your skin, use room temperature water and your fingers. Do not use washcloths or harsh materials to clean your face as you may brush a sensitive area and remove crusts. Instead, pat the skin dry with a soft tissue. Be sure to pat gently rather than brush or wipe.
4. Avoid hot showers for the first few days after treatment. Heat and steam increases inflammation and swelling. Additionally, try to avoid using hair products that come in contact with the face as the soap will also cause inflammation.
7. Don't go swimming and avoid chlorine which will irritate exposed skin.
8. For men, avoid shaving any treated areas until the area is healed.
9. Keep the scabs or crusts moist with the provided aftercare. Depending on your technicians instructions, apply in small doses.
10. Do not wear your contact lenses until 72 hours after your treatment - if you received work around your eyes.
11. It is normal to have pink or red skin after the scabs have naturally fallen off. This is when you can begin using your moisturizers but avoid harsh skin care products that include AHA/salicylic/retinoic or exfoliating ingredients. After a month or 21 days, you can start incorporating these products into your skin care routine.

12. It's crucial to avoid all sun exposure. Wearing sunblock (after scabs are gone) and other protective gear is necessary to protect your skin. You should do this for the next 12 weeks as this helps avoid scarring, skin damage and hyperpigmentation. Additionally, do not use tanning beds or sun tan for at least 12 weeks after treatment.

13. For at least a month, do not wax any treated areas. This skin is highly sensitive after Plasma Pen treatment; waxing this sensitive area will lead to scarring and increase the healing process timeline.

14. Also, for 12 weeks, avoid any facial treatments as they are harsh on sensitive newly treated skin.

ADDITIONAL TIPS

1. Incorporate clean foods or practice a clean diet to avoid sugars. Clean foods decrease inflammation internally.
2. Wait the full 12 weeks before going in for additional treatments.
3. The healing process is lengthy- it can take 12 weeks to see full results.



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