

## Plasma Pen Skin Tightening Aftercare Advice

Thank you for choosing your Plasma Blast Treatment. To achieve maximum results, it's essential to follow this aftercare advice. Please do not hesitate to contact me with any concerns or questions.

- You are likely to experience some short-term side effects during the initial skin healing process, which is typically the first 7 days after treatment.
- It takes 8-12 weeks for the full effect of your treatment to be seen. Additional treatments in the same area, if required, may only be done after the 12-week period.
- You may continue with your normal daily activities as normal, but you may not look your absolute best during the initial healing process (usually 3 to 7 days, depending on the areas treated and your skin's healing abilities).
- Swelling and inflammation for 1 – 5 days post-treatment is normal and to be expected. You may also experience a stinging sensation in the treated area. This is normal and fades within 24 hours.
- Skin may feel tight and dry with possible itching of the treated area.
- Crusts quickly form on the area and are visible for up to a week. When the crusts have fallen off, your skin may be a little pink as it is fresh, new baby skin.
- Weeping occurs occasionally and quickly settles.
- DO NOT pick the crusts off as it will delay the healing process or could scar
- Clean the area daily with lukewarm water and soft, lint-free cloth daily to remove excess oil. Pat dry only and avoid rubbing the treated area.
- Avoid a hot shower on your face, as well as shower gels or hair products, for the first 3-4 days.
- Keep the crusts moist by applying small amounts of the Silver Colloidal Gel with Aloe Vera up to 3 times a day, until the carbon crusts have fallen off. Apply very small amounts only. The gel dries on your face and acts to protect the skin and provide relief from possible itching, as well as helps to speed up healing.
- Keep the treated area oil-free.
- Only wear make-up on the area, once the crusts have fallen off. A small amount of the provided Tinted SPF 50 Healing Balm can be used as camouflage. The balm is not suitable for oily skin.
- Do not cover the area with a dressing or plaster
- Avoid creams other than those provided.
- Ice packs covered in a clean cloth may be applied to reduce swelling or use a Cold Eye Mask.
- For facial treatments, sleeping on your back with your head in an elevated position also reduces swelling
- Taking a high dose of Vitamin C supplements can boost your immune system over the course of the healing process.
- For the next 12 weeks and ideally longer, it's crucial to apply SPF50 when you are outside to prevent the new skin from burning. Be particularly vigilant if you are in the midday sun.

### Avoid the following in the treated area:

- Exfoliating products or products containing glycolic acid for 12 weeks
- Other skin-care treatments until the area is healed
- Shaving until the area is fully healed
- Contact lenses for 72 hours if the eyes were treated
- Smoking & alcohol
- No saunas or sunbeds during the 12-week healing process
- No strenuous exercise, sweating or extreme heat for 24 hours

I hope you have found your treatment beneficial and would really appreciate it if you would follow me on [Facebook](#) or [Instagram](#) at [@Aestheticce/JE](#) and review your experience. Thank you.