



## **Recommended Pre & Post Care for Plasma Pen Treatments**

*For best results please follow these instructions.*

Like most skin rejuvenation treatments, there are some side effects to the Plasma Pen treatment, but the downtime and recovery process tend to be minor in comparison to other options. For best results, to protect your investment and to reduce the risk of discoloration or complications, it is important that you answer the patient information questions honestly and follow the pre-treatment and post-treatment instructions provided here.

### One to Three Months Before Your Treatment:

- For best results, we recommend you complete a **NuDerm Transformation System** with **.05% Tretinoin**, and **10% - 20% L-Ascorbic Vitamin C serum** prior to your Plasma Pen Treatment. This strengthens the skin and prepares it to respond with optimal collagen production. In addition, for those prone to hyperpigmentation or melasma, it reduces the chance of post-treatment hyperpigmentation. These products are available for purchase at our office.
- Wait at least 30 days following any other procedures on the treatment area, such as laser treatments, chemical peels, Botox or other neurotoxins, or fillers.
- At least one month prior to treatment, start using a sunscreen with **SPF 50**, especially if you tan easily, and a tyrosinase inhibitor, such as **Obagi Clear**, to help regulate melanin production in the skin.
- At least one month prior to treatment, avoid sun exposure, sun tanning, spray-tanning and artificial tanning.

### 2 Weeks Before Your Treatment:

- Notify your technician of any allergy to numbing creams or products, such as lidocaine, as these will be applied prior to the treatment.
- To minimize the risk of bruising or bleeding, unless medically necessary, avoid taking aspirin or NSAIDs (such as ibuprofen, Advil, Motrin, Aleve), Vitamin E supplements, Omega 3 supplements, turmeric supplements and Ginkgo biloba supplements. Tylenol is fine. You can resume these medications and supplements 24 hours after your treatment. If you have any questions or medical concerns, consult your physician prior to stopping any medication or supplement.
- Avoid treatments that may irritate the skin (waxing, depilatories, harsh chemicals, chemical peels, etc.).

### 1 Week Before Your Treatment:

- Stop using topical products that may irritate the skin such as Tretinoin, Retin-A, Renova, Differin, Tazorac, retinol, and exfoliating products including benzoyl peroxide, glycolic/salicylic acids and astringents.
- Purchase the following products (some of these are available at our office):
  - **Factor Five Post-Treatment Serum** (included with your treatment),
  - **gentle cleanser** (Obagi Gentle Cleanser or Cetaphil Cleanser),
  - **hypoallergenic moisturizer** (Vanicream or Cetaphil Moisturizing Cream),
  - **broad spectrum (UVA/UVB) mineral sunscreen SPF 50** or greater (we recommend ColoreScience Sunforgettable SFP50 Mineral Sunscreen and Total Eye SPF30 for the eye area)
  - **hypoallergenic laundry detergent**
  - **headband** to keep hair away from the face
  - **Vitamin C supplement** is recommended to aid the healing process and possibly minimize hyperpigmentation.
- If needed, get **anti-viral medication** such as Valtrex, to be started on the day of your treatment if you have history of herpes simplex, cold sores, or shingles in the treatment area. Please notify your technician if you have a history.

- Have any eyelash extensions removed.
- Large sunglasses and a wide-brim hat can help provide sun protection in the weeks to follow.
- As a precaution, we recommend you wash your pillowcases and some washcloths and towels with a hypoallergenic laundry detergent without dyes or fragrance. Do not use fabric softeners or dryer sheets, as these may irritate your skin. Only use washcloths and linens washed in this manner until the crusts fall off.

#### On the Day of Your Treatment (Day 1):

- Shave any excess hair prior to arriving for your appointment. Men should be cleanly shaved.
- Do not wear makeup, contact lenses or eyelash extensions.
- Bring your powder mineral sunscreen and a wide-brimmed hat for sun protection after your treatment.
- Notify your technician of any changes to your health history or medications since your last appointment.
- After your treatment, you can continue most regular activities, but plan a quiet day indoors. To minimize the risk of infection, avoid getting too sweaty or dirty. Don't smoke, as this hinders the healing process. Avoid alcohol and smoky or dusty environments.
- Avoid heat, such as intense sun, intense exercise, hot tubs, saunas, etc. for 3 to 4 days.
- It is normal to feel a stinging sensation for about an hour after your treatment. Ibuprofen or acetaminophen may be used afterward if needed.
- Swelling may occur, especially following treatments in the eye and peri-orbital area. Delayed swelling in the eye area may occur as late as day 2 or 3. Swelling usually resolves in a few days. Sleeping on your back with your head elevated may be more comfortable and minimize swelling. Continue for up to 1 week for treatments in the eye area.
- If the stinging sensation or swelling are too uncomfortable, you can apply cool compresses (but do not apply ice packs directly to the skin).
- Wash the treated area with an approved gentle cleanser in the evening.

#### On the Day After Treatment Until the Dots Slough Off (Day 2 - About Day 10):

- Follow all post-care instructions to prevent premature sloughing of the dots, which can result in temporary or permanent hyperpigmentation or discoloration of the treated area.
- The dots and surrounding skin may be red for the first 3-7 days. The dots usually turn darker and form crusts before they slough off. It is normal for the treated area to feel tight and dry, and for there to be occasional, minor weeping.
- If you had treatment around the eyes, avoid wearing contact lenses for 3 days afterward.
- Continue washing with an approved gentle cleanser in the morning and evening. Pat dry. Don't rub or scrub the area as it may remove the crusts prematurely.
- Apply Factor Five after washing, and any time your skin feels tight or dry. Remember to take it with you to work and when you leave the house for an extended time. Mild stinging sensation from the Factor Five is normal for the first few days. If this occurs, fan the area to help relieve the stinging.
- Do not pick, rub, scrub the crusts or irritate your skin while it is healing. Picking the crusts can cause scarring and/or pigmentation.
- Do not shave the area until the skin has completely healed.
- DO NOT PUT ANY creams, ointments, dressings or other products of any kind on the treated area, unless instructed by your clinician.
- Avoid contact with fragrances, chemicals, allergens, detergents, fabric softeners or dryer sheets.
- Makeup is strongly discouraged at this time because application and removal can cause the crusts to flake off too early and increase the risk of scarring and/or pigmentation. If you must wear makeup, we recommend a hypoallergenic 100% mineral formula applied gently with a clean brush.
- When showering, take care to keep hot water, shampoo and hair products off your face. Rinse with cool water if needed.
- If you experience itching, an oral antihistamine such as Benedryl may be helpful.
- Do not expose the treated area to the sun (even on cloudy days). If you must go outdoors, apply an approved sunscreen and wear a broad-brimmed hat. Remember, UVA passes through clouds and windows (including car windows), and any UVA or UVB exposure can cause the skin to darken or hyperpigment.

- Please call the office immediately at **(480) 785-2100** if you experience intense pain, drainage, severe redness, swelling or fever, increased itching, the appearance of a cold sore, blister or a tingling sensation, or if at any time you feel that you are not healing normally.

After the Dots Slough Off and for the Next 2 Weeks:

- When the crusts fall off, your skin may be a little pink.
- After all of the dots/crusts have sloughed (usually Day 5 to 10), wash your skin daily with an approved gentle cleanser, followed by an approved moisturizer. Continue using the Factor Five Serum until gone.
- Makeup is OK at this time.
- Sun block is critical. Continue to avoid sun exposure and use the recommended sunscreen, and re-apply throughout the day as recommended on the product label. The new skin can easily burn and/or pigment at this time.
- 2 weeks after all the crusts are gone, you can resume your regular skin care regimen. We recommend including Obagi Clear or a similar product in your regimen.

For the Next 12 Weeks and Beyond: Your skin may continue to improve for about 12 weeks after your treatment. Collagen production is boosted during this initial healing period. Promote optimal healing and collagen production with a healthy diet and lifestyle. Continue maximum sun protection for at least six months and ideally for 1 year to minimize the risk of hyperpigmentation. Exposing the treated area to UV light during the long-term healing process can cause permanent hyperpigmentation (darkening) of the skin. In rare cases, the healing process may cause discoloration of the skin. If needed, skin care products or follow-up treatments such as microdermabrasion, chemical peels or laser treatments can help reduce discoloration. Wait at least 21 days after treatment before getting other procedures at the treatment area, such as facials, laser treatments, chemical peels, Botox or other neurotoxins, or fillers. Additional Plasma Pen treatments and other skin treatments can be performed after the skin has returned to its normal color, usually 12 weeks.

Plasma Pen treatment is **not** recommended if: You are pregnant, you are being treated for skin cancer, or you have an active herpes outbreak or cold sore near the treatment area. Studies show that skin types Fitzpatrick IV-VI and those with African, Latin, Native American, Indian, Middle Eastern or Asian ancestry may not be good candidates for Plasma Pen due to higher risk of hyperpigmentation. If any of these apply to you, inform your clinician. We are committed to safe treatments for all and offer alternatives for those who are not candidates for Plasma Pen.

Additional instructions: \_\_\_\_\_  
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