

PREP FOR PLASMA PEN TREATMENT

Pre-Treatment Instructions:

- AVOID sun tanning, spray tanning or sunbeds for 2-4 weeks prior to your treatment.
- We recommend supplementing your diet with Vitamins C, A, E, Magnesium, Copper, Iron and Zinc for 2 weeks prior to your treatment.
- AVOID smoking and excessive alcohol intake, as these have negative effects on collagen formation.
- Ideally, use a sunscreen with an SPF of 30 or higher at least 2 times a day.
- If you have darker skin, you may need to use pre treatment creams to help prevent hyperpigmentation from the procedure. This will need to start 4 weeks prior to your Plasma Pen treatment.
- In the few weeks prior to your treatment, AVOID any other treatments in the area such as lasers, chemical peels, fillers, micro needling, etc.

PLASMA PEN POST-CARE

First 24-48 Hours

- You will have carbon crusting occurring on the treatment areas causing a social downtime period.
- Avoid exercise (especially sweating onto the area) for at least 3 days. Heat, sweat or steam can add to the inflammation that is already present.
- Use the post treatment products provided to you by Pleasantly Plasma. Wash gently with warm water. Apply colloidal silver twice a day or as often as you feel any burning sensation (there is no limit to how many times a day you use this). The Silver Colloidal with Aloe has powerful antibacterial and antiviral properties that work to help heal the inflamed skin and speed up the healing process.
- Take oral Vitamin C at least once daily for wound healing and immune system boosting while helping to prevent hyperpigmentation as well.
- There may be mild to moderate swelling and inflammation, especially around the eyes, for 1-5 days.
- You may apply cold packs covered with a clean cloth (do not apply the cold packs directly to the skin) as needed.
- Avoid using any anti-inflammatories, over the counter or prescription strength since the inflammatory response is a key part to the plasma pen treatment process.
- You may experience a stinging sensation that will feel like a sunburn which can last for a few hours to a few days.
- DO NOT cover the area with plastic, occlusive dressings or any type of makeup until the area is healed.

Days 3-7

- It is normal for the area to feel tight and dry.
- If there is weeping or serous drainage, this will settle down.
- Carbon crusts will form and will flake off on their own. DO NOT exfoliate them as this will delay healing and can contribute to scarring.
- Continue to clean the area treatment twice a day, but DO NOT rub the skin hard. You can use lukewarm water only to help remove excess oil. Pat dry with a clean cloth.
- ALWAYS keep the skin hydrated and moist.
- DO NOT take a hot shower for 3-4 days since this could cause more swelling and prevent the carbon crusts from forming naturally. Avoid shower gels and hair products as these can cause irritation and inflammation. Rinse thoroughly if these products do contact your skin. Pat dry.
- Men should AVOID shaving until the area is fully healed.
- After treatment around the eyes, AVOID wearing contact lenses for 3-4 days.

The Next 12 Weeks

- Proper healing takes a full 12 weeks. When the carbon crusts have fallen off, your skin will be pink as it is fresh new and rejuvenated skin.
- Once crusts have completely fallen off, you may apply your usual skin care regimen including makeup, but avoid using products containing glycolic or other exfoliating ingredients.

Very Important!!!

You MUST apply SPF of 50+ at least 2x a day while your skin is pink, it is prone to hyper-pigmentation from overexposure during this critical time of healing.

Continue taking Vitamin C and/or collagen supplements daily.

- DO NOT use sun beds or saunas for 10-12 weeks post treatment.
- AVOID midday sun for 10-12 weeks post treatment.
- AVOID other aesthetic procedures while your skin is healing to the treated areas.
- AVOID smoking and alcohol as they will inhibit adequate healing.

Understand it will take 12 weeks for the full effect of Plasma Pen to be realized.