

PLASMA FIBROBLAST

Pre & Post Care Instructions

How should I prepare for the treatment?

We advise strengthening the skin with Vitamin A, B & C, 2-4 weeks prior to your scheduled treatment. We will talk you through this at your consultation and have products available in clinic if you require them. We suggest not to apply any cosmetics before the procedure, especially mascara if you are having an eye treatment.

You will need to obtain your own Numbing Cream, this will be discussed at your consultation.

If anything changes between your consultation day and your procedure day please inform your technician. This includes medications, surgeries and if you think you may be pregnant.

How long should I allow for the procedure?

To minimise discomfort you will apply your numbing cream to the treatment area. It will take 30 minutes for anaesthetic to take effect. The procedure itself can take between 15-90 minutes, but this is dependent on the size of area we are treating.

Are there any side effects after the treatment?

Plasma is a very safe technique in the right hands and side-effects are rare, but infection, scarring and temporary change of skin pigmentation can occur if patients don't follow the stipulated aftercare. Carbon crusts, or dots, are your skin own sterile bandaid, which is why you must not pick them off. They can last up to 10 days.

Mild swelling is expected during first 3 days and usually entirely gone by day 5. The majority of our patients do not report any of these side effects after a week.

What is the Fibroblast Plasma Therapy aftercare?

Immediately after treatment, there may be a burning sensation likened to sunburn. This will usually resolve during the remainder of the day although if it is particularly uncomfortable or persists for a longer period, then an anti-inflammatory medication such as ibuprofen is an option. We will apply some cream over the treated area to protect it. You will continue this at home for 48hrs and must also ensure you do not get the area wet during this time.

You are encouraged to purchase the **EGF repair serum** that you will continue to apply for a further 2 weeks.

Following treatment, it is normal to have some swelling. This can be significant around the eyes and can last for several days and may lead to interference with vision in the initial period. Cold compresses may be applied to reduce the swelling. If the swelling is more severe, an anti-inflammatory medication and/or anti-histamine may help. We also suggest sleeping slightly elevated for 48 hours to help the fluid drain.

You can also choose to undergo some LED treatments to speed up the healing process and enhance the treatment outcome.

It is imperative to not pick at this crusting as this may lead to infection or scarring. Occasionally the treated area may become a little weepy, this is part of the normal healing process and will improve with time. However, if it starts to become hot or red or if there is any pus present, then please contact the clinic for advice as this may suggest an infection has developed.

It is essential to keep the treatment area clean, dry and protected with a broad spectrum sunscreen. Do not use alcohol-based cleansers.

It is very important to follow our aftercare recommendations.

Carbon crusts **CANNOT** be scratched or removed. Drying skin by dabbing with a clean, lint-free cloth is allowed.

EGF Aftercare Serum should be reapplied to the area. Healing skin should be protected from direct sun with SPF at all times. Sports, swimming and sauna are not permitted until crusts fall off. This should happen within 7-14 days of procedure.

Can I use cosmetics after the procedure?

Patients may use mineral powder only on top of the aftercare serum after 48 hours only. Please avoid any moisturising creams for 5-10 days. This is when usually when carbon crusts fall off. In addition, patients need to avoid all direct heat sources such as sun, UV radiation, saunas etc for the period of 4 weeks. Once healed we highly recommend using SPF30plus daily on the area to prevent ageing and hyperpigmentation caused by sun exposure.