

MIA BELLA

SKIN BOUTIQUE

Guide to Post Plasma Pen Treatment Care:

Post-Plasma Fibroblast Treatment Recommendations:

First 48 Hours:

- Keep the treatment area dry; avoid getting it wet.
- Do not apply any cosmetics or cosmeceuticals except the provided healing product.
- Expect a sunburn-like sensation, which should resolve within 2-3 hours but may last up to 2 days.
- Apply a CLEAN cold compress or ice pack every hour for 5-10 minutes for soothing and reducing swelling (optional).
- Sun Exposure: Completely avoid sun exposure on treated areas for the first 48 hours.
- From day three, apply sunscreen with SPF 30 or higher daily on sun-exposed treated areas for at least 4-6 weeks after treatment.
- Bath or shower as usual but be cautious as treated areas may be temperature sensitive.
- Avoid strongly scented lotions/soaps, exfoliant creams, loofah sponges, and aggressive scrubbing.
- Allow any blistered or open areas to heal naturally. If healing is delayed, a thin coating of antibiotic ointment may be advised.
- Do not pick at these areas to avoid infection or scarring.
- Allow any crusting to heal naturally without intervention; crusting will resolve in three to 14 days.
- Do not use exfoliants during this phase.

Avoid Until Redness and Discomfort Resolves:

- Applying cosmetics on treated areas (mineral makeup permitted from day five).
- Swimming, hot tubs, and jacuzzies.
- Activities causing excessive perspiration.
- Sun exposure to treated areas.
- Picking, scratching, or removing scabs.

Medication Alert:

- Inform your clinician if you start or change dosage of certain medications like antibiotics, antihistamines, antidepressants, herbal preparations, etc.

Healing Process for Plasma Treatments:

Day 1:

- Swelling and fluid retention, especially around the eyes, are common.
- Use a clean, dry, cold compress if needed.
- Re-apply the healing product supplied – morning and night for the first two days, every four hours, with clean fingers.

Day 1 – 4:

- Swelling peaks in the morning and should subside by day three.

- The area will feel hot for the first 24 hours.
- The treatment zone will feel tight for the first two to four days.
- Itchiness from days 2-5 is normal; do not itch or scratch. Healing product can be used to ease discomfort.
- No more pain or discomfort should be felt by day five.

Day 5:

- Dots begin to shed naturally around day five, continuing up to day 10. Let this happen naturally.
- Powder mineral makeup is permitted from day three.

Day 10:

- Carbon dots should be gone, and normal body care, physical activity, and makeup use can resume.

Week 2 – 4:

- Treated areas might be slightly pink and tender.

Weeks 5 – 8:

- Continual improvement in sensation, texture, look and feel.

Months 3-6:

- Schedule the next treatment appointment.

Sun Protection:

- Keep the treated area protected from sun exposure, either by covering or using sunblock, for at least eight weeks.

Remember, these post-treatment instructions are designed to help you achieve the best possible results while ensuring your skin heals properly and safely. If you have any doubts or specific concerns, always consult with your treatment provider.