

Plasma Pen Aftercare advice

- Don't take aspirin or blood thinners a week before and a week after treatment (unless prescribed by your doctor).
- Use ice pack to reduce heat and swelling but cover the ice pack with a towel. Ensure the ice pack has come from the fridge and not the freezer.
- Expect lots of swelling
- Take Vit C with zinc supplements for 2 weeks before treatment and during the healing phase.
- Sleep elevated for a couple of nights, if possible, to reduce swelling.
- Do not use retinol for 4 weeks prior to treatment.
- Do not have a treatment 8 weeks before going on holiday and 4-8 weeks after returning, depending on how much the tan is retained; the skin needs to be back to normal.
- Dry heal skin. Do not pick spots, let them come away naturally otherwise scarring can happen.
- Only use a damp cotton wool pad on the skin and pat the skin. Avoid rubbing the skin, so the scabs are not removed prematurely, otherwise scarring can occur.
- Use the colloidal silver spray for minimum of 5 days post treatment and start using SPF when the dots fall away to minimise pigmentation formation.
- There is a risks of pigment changes in the skin, both hypo and hyper pigmentation.

If you have any problems or queries regarding your removal, please call us on 01707 662 477.