



PLASMA PEN FIBROBLAST

PRE AND POST CARE

PRE-TREATMENT CARE

- AVOID sun tanning, spray tanning or sunbeds for 2-4 weeks prior to your treatment.
- Ideally, you should use a medical grade sunscreen with an SPF of 30 or higher at least 2 times a day.
- In the few weeks prior to your treatment, AVOID any other treatments in the area such as lasers, chemical peels, fillers, micro needling and other similar interventions as these may prevent you from receiving a Plasma Pen treatment at our appointment time.
- 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.
- Consider obtaining Avenova spray and Optase spray. Avenova acts as an antimicrobial spray and Optase spray is sodium hyaluronate which can help to moisturize the skin after healing has taken place. These are to be used only after the areas have crusted and healed over after the procedure, usually after 3-5 days.
- Consider taking Arnica tablets prior to the procedure. Take as directed for 3 days prior to the procedure.
- If you have a history of cold sores or HSV around the area being treated, please advise the physician as you will be given a prescription for Valtrex to take prior to the procedure. Take 500mg twice daily for 7 days prior to the procedure and for 7 days after

If you have any questions before or after your appointment, you can email us at info@lakeshoreskinandbody.com or call/text us at 906-273-0512. Thank you for choosing Lakeshore Skin + Body!



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POST-TREATMENT CARE

Plasma Pen may cause certain side-effects. The intensity and duration of your side effects depends on the treatment's aggressiveness and your individual healing characteristics. Generally, patients who are treated more aggressively experience more intense side-effects that last longer. Notify your provider if the severity of your side-effects becomes a problem for you.

Swelling: You will notice most of the swelling on the first morning following the treatment, particularly around the eyes. Swelling usually lasts 2-3 days, however, they can last up to 3 weeks, depending on the intensity of the treatment and the healing ability of the patient.

To minimize swelling do the following:

- Take Anti-Inflammatory medication (such as: Advil, Motrin, Ibuprofen, Aleve) starting 6 hours after treatment if needed.
- Sleep elevated for the first 2 nights. Use as many pillows as tolerated. Avoid sleeping on the area which was treated
- Take arnica tablets as directed for 1 week after the procedure.

Redness: Most redness resolves in 7-10 days after treatment, but a rosy "glow" can remain for several weeks after the treatment, again, depending on your healing ability, age, medications, metabolism, and other variables.

Dry Skin: Your skin may feel dry, peel or flake. You may notice a "sandpaper" texture a few days after treatment.

Bronzing, Crusting and Small Dark Dots: A Plasma Pen Treatment causes destruction to microscopic cylinders of skin which then exfoliates during the healing process. The treatment can make the skin crusted. DO NOT TRY TO SCRATCH THEM OFF. Scratching off any areas may result in hypopigmentation of the skin that may not be able to be reversed and could cause scarring. Please refrain from scratching any areas that are healing.

Raw Skin: If you develop areas of raw skin post treatment, keep the area moist with Bacitracin or Aquaphor. You DO NOT need to apply band-aids but try to keep the areas moist and do not pick at the skin. They will heal very rapidly on their own without problems.

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