



Post Treatment for Plasma Pen

- You may experience a “stinging” sensation in the treated area(s) immediately after treatment. This is normal and it generally only lasts for about an hour. The treatment area will feel like a sunburn while healing (approximately 5-10 days)
- If the treated area is swollen, you may apply ice packs covered with a clean cloth. Do NOT apply ice directly onto the skin, as this can cause damage to the tissue. Avoid taking anti-inflammatory medications like aspirin, ibuprofen or steroids unless you have significant swelling. Doing so may reduce effectiveness of treatment.
- If you are receiving a Plasma Pen treatment anywhere on your face or neck, we recommend you sleep on your back with your head elevated to reduce swelling.
- Do NOT cleanse the treated area until the following day.
- Do NOT exercise 48 hours after treatment or expose yourself to any heat, steam or sweat because this can intensify the inflammation that’s already present.
- The area that has been treated must NOT be covered with occlusive dressing or any type of sun block, make-up, mascara, creams or any other products until the area has fully healed. Many ingredients in skin care products and cosmetics can irritate skin and cause allergic reactions. Ultimately this will slow you’re your healing process and possibly impede desired results.
- It is highly unlikely you will ever get an infection from a Plasma Pen treatment, as the wound we cause is not open. However, the first 12 hours post-treatment is vital in protecting you from any potential infection, so please avoid any activities where you could expose yourself to contaminants. Keeping hands off of anything that comes in contact with the treatment area.
- You may return to work the following day. However, you will not look your absolute best during the initial healing process (approximately 7 days).
- Expect redness, swelling and inflammation for the first 1 to 5 days post-treatment. This is normal but will usually be of a very minor nature.



- It is normal for the area that has been treated to be red/pink, swollen and feel tight and dry. Occasional weeping is normal and will settle.
- Tiny crusts will quickly form on the treated area. These may be visible for up to about a week.
- Do NOT pick crusts off as this will delay the healing process and could cause hyper pigmentation and scarring.
- The area(s) treated may be cleansed daily with room temperature water and your fingers. Avoid using washcloths or any other washing devices. You are only removing excess oil and do not need to thoroughly cleanse the treated skin. Do NOT be tempted to rub, brush or exfoliate the area in any way to aid in the removal of the crusts. Pat dry with a clean tissue.
- Standing with your face under a hot shower for the first 3-4 days could increase swelling. Try to avoid shower gels or hair products running on to your face as this could cause irritation and inflammation. Rinse thoroughly with tepid water if products do come into contact with the area(s) treated and gently pat dry.
- Avoid swimming or chlorinated water as it can increase irritation.
- Keep scabs/crusts moist by applying provided Factor Five aftercare three times a day – but only in small amounts, do not soak the area.
- Men should avoid shaving the treated area until it is fully healed (around 7 days).
- If you have had treatment around your eyes, you should avoid wearing contact lenses for 72 hours after your treatment to reduce discomfort from any potential swelling.
- Once the scabs have fallen off (approximately 7 days), your skin may be a little pink. You may begin to apply your normal foundation/make-up/sun block but avoid using skincare products containing glycolic/salicylic/retinoic/AHA/ scrubs/Clarisonic

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or any other active exfoliating ingredients/devices for at least 21 days, as this will cause irritation. ABSOLUTELY NO MAKEUP UNTIL SCABS HAVE FALLEN OFF.

- Avoid sun exposure. Once the scabs have fallen off, you must wear a physical sun block (zinc & titanium) and a hat while your skin is in the healing stages (pink in color) and you should continue to do so for at least the next 12 weeks to avoid hyper-pigmentation.
- Do NOT sunbath/sun tanning beds for 10–12 week post procedure. Apply sun block for several weeks if you are in the sun.
- Do NOT have any other ablative treatments in the same treatment area while your skin is healing.
- Do NOT wax treatment area for at least 21 days, if not longer. If you are receiving Plasma Pen treatment anywhere around the eyes, I would wait the full 12 weeks. It will be ok to tweeze or thread any unwanted hairs after scabs have fallen off the area.
- On top of the immediate rejuvenation, lifting and tightening effects you will likely experience from Plasma Pen, it takes 8 to 12 weeks for the full effects of your treatment to be seen.
- If additional treatments are required, it will be necessary to wait until the skin completely heals (12 weeks).

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