

TORI CELINA BEAUTY

PLASMA LIFT AFTERCARE

You may have a burning sensation, redness, and swelling immediately following your treatment, similar to a sunburn.

This is completely normal and to be expected. Swelling can sometimes get a bit worse over the first few hours and then resolve itself. If it is overly uncomfortable, you may take a Tylenol.

- 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** 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 sunblock, 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.
- 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.
- 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 hyperpigmentation and scarring

- Do **NOT** stand with your face under a hot shower for the first 3-4 days. This 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
- Keep scabs/crusts moist by applying provided aftercare three times a day – but only in small amounts, do not soak the area.
- Once the scabs have fallen off (approximately 7 days), your skin may be a little pink. You may begin to apply your normal foundation/makeup/sunblock but avoid using skincare products containing glycolic/salicylic/retinoic/AHA/ scrubs/Clarisonic or any other active exfoliating ingredients/devices for at least 21 days, as this will cause irritation.
- Avoid sun exposure. Once the scabs have fallen off, you must wear a physical sunblock (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 hyperpigmentation.
- Do **NOT** sunbath/sun tanning beds for 10–12 week post procedure
- Do **NOT** have any other facial treatments in the same treatment area while your skin is healing (12 weeks).
- 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.

**ABSOLUTELY NO MAKEUP
UNTIL SCABS HAVE FALLEN
OFF**

- Avoid tight fitting clothing in the treatment area (anywhere other than the face). This can cause rubbing which can lead to irritation and infection.
- Taking Vitamin C supplements over the course of your healing process can give your immune system a big boost which will you to repair. Anti-inflammatory and anti-histamine medication can also help
- No Botox or fillers in treated area for 3 weeks.
- The area(s) treated can be cleansed daily with room temperature water and your fingers, no other products than what was given should be put on the treated area. 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
- Crusts will develop over the treated area. It is initially brown and may or may not darken to black. They will generally start to flake off around 5-7 days, but sometimes it can take up to 2 weeks. This is normal. Do not pick them, as this can lead to infection or scars.
- If you have had treatment around your eyes, you should avoid wearing contact lenses for 72 hours after your treatment.
- If the treated area is swollen, DO NOT apply ice packs covered with a clean cloth. If you experience itching they can take an antihistamine like Benadryl. Avoid taking anti-inflammatory medications like aspirin, ibuprofen or steroids if possible
- If additional treatments are required, it will be necessary to wait until the skin completely heals (8-12 weeks).