



Plasma Fibroblast Skin Tightening Post Care Instructions

- You may resume day-to-day activities immediately after any PFST treatment but may not look your best during the healing process (7 days).
- Do not expose the treated area to sunlight. There is a real risk of hypopigmentation during the healing process.
- Avoid exercising after the treatment for 5 days. Any heat, steam or sweat could add to the inflammation or cause an infection.
- Do not wash the area treated on the evening of the procedure, only wash the area the following morning.
- Keep the area clean using lukewarm water or cold water and do not use alcohol based cleaners.
- Dab the area gently twice a day, in the morning and before bedtime using a cotton round and the Chloroxylen solution. Continue with this for TWO days following the treatment.
- For the first night or two, it is advisable to sleep with your head elevated to prevent excessive swelling.
- The formation of brown/black crusts on the skin surface will occur. Do not pick them – these crusts will fall off in a few days.
- On day THREE you may start applying Aloe Vera gel to sooth and moisturize the area.
- Please up your water intake during the first week of healing.
- There may be mild to sever swelling – especially around the eyes and periorbital region. Swelling for 1 to 5 days post-treatment is normal.
- The area treated must not be covered with plasters, occlusive dressing or any type of make-up, mascara, creams or any other product until all the scabs have fallen off (except specific products that are recommend by your technician).
- Once healed, you must use factor 30 sunscreen when out and about for at least THREE months and you should avoid sunbeds and sunbathing.
- It is highly unlikely you will ever get an infection from a Plasma Pen. However, with any skin rejuvenation treatment, we are not in control of what you do when you leave and you should be aware that the first 12 hours area risk period for infection so, please keep your hands clean and avoid touching the area.

IRO 083 759 0800