



## **PLASMA ELITE AFTERCARE**

### **Taking care of your skin after a Plasma Treatment**

- Immediately after treatment the sensation is similar to sunburn, which resolves after a couple of hours.
- As a natural healing process, it is usual for the treated area to swell and in the case of the eye area this can be quite significant. Swelling will last a couple of days and then subside (sometimes worse on 3rd and 4<sup>th</sup> day after treatment).
- The area may weep for a day or so afterwards, this is normal, and you may use either cooled boiled water or a skin cleansing solution which does not contain alcohol to keep the area sterile. Dab onto the skin on a regular basis (do not rub).
- As the treatment area begins to heal, it will dry out and a brown crust develops. This will eventually flake off naturally.
- DO NOT PICK OFF the crusts as this can lead to infection, scarring or pitting.
- Keep the area clean and dry and always use the Dry Healing Balm. Use the SPF during daylight hours.
- We advise using SPF for at least 3 months after the treatment, as the skin is new and may be sensitive to sunlight. It may remain pink and fresh for several months as the skin slowly strengthens itself and returns to its normal colour.
- Avoid swimming, sauna or steam treatments and keep the area as dry as possible.
- If the Plasma treatment was on the body, please wear loose clothing.
- The skin will continue to tighten over a period of time.
- Often a second treatment is needed.

#### **Step one;**

Cooled boiled water or the Aftercare Cleansing Solution should be used regularly to make sure the area is clean and free from bacteria.

Directions; The solution or cooled boiled water must be put onto a lint free gauze or cotton wool and dabbed (not rubbed) onto the area. If the area is weeping it is useful to use the Aftercare Cleansing solution to keep the area sterile.

#### **Step two;**

Plasma Aftercare Healing Balm; This is an innovative product especially created for Dry Healing as required by Plasma Treatments. Dry Healing Balm reduces itching and irritation, it is a mild anaesthetic and a product that protects against infection and restores the skins natural balance whilst aiding dry healing.

Directions; Apply the Dry Healing Balm in a thin layer and allow it to soak into the skin. Do not rub the balm in. Apply twice daily and when your skin feels itchy or irritated.

**Step three;**

Plasma Aftercare SPF50 5 stars recommendation. A highly effective broad-spectrum sunscreen, hypoallergenic and not tested on animals. Specifically tested to protect the skin from harmful UVA/UVB rays, which is essential after a Plasma treatment when your skin is vulnerable. We recommend you always wear sun protection to keep the skin safe and prevent the signs of ageing.

Directions; Make sure you apply during day light hours, even if it is not sunny. It can be worn over the Healing Balm.

**A reminder on the key points of the aftercare; Do not pick off the crusting as this may lead to pitting and marking.**

Always wear SPF.

It is normal for the skin to be pink for several months and care should be taken with this new skin until it has fully healed.

**I acknowledge and have fully understood my aftercare instructions.**

**Signed** .....

**Print Name** .....

**Date** .....