

## **PLASMASTHETICS TREATMENT AFTERCARE:**

Please closely follow your Plasmasthetics aftercare for the best results:

- ❖ Daily Routine starting on the day of appointment and continuing until 7-14 Days Until  
Crust is Completely Gone  
NEVER Rub or Scratch the Crusts

### **Morning:**

1. First please Mix Clean Distilled water and Gentle Perfume/Oil Free Soap (The Dove soap sample provided) into a small clean bowl. Once fully mixed, Grab a section of clean gauze or (lint free cosmetic cloth) and dip into the mixture. Once the solution is on the gauze, carefully dab the treated area to lightly clean the skin.
2. Next Spray Silver Solution for quick wound healing onto the treated area. Spray the solution on the treated area an arms length away. Then allow some time for it to completely dry. If needed you can dab with a section of gauze to dry.
3. Finally, apply the Silver Solution Gel to the treated area with a clean Q-tip (not fingers) and ensure all spots have been covered.

### **Evening:**

1. Do not clean the area with the distilled water and soap solution.
2. Repeat the aftercare with the Silver Solution Spray and Gel (like in the morning).
3. Spray the skin an arms length away and wait for area to be completely dry or dab dry with gauze carefully. Then treat the area with gel on a clean Q-tip. Ensure all spots have been covered.

### **Night Time:**

1. Repeat the Morning Aftercare. Everything is the same as the morning. Clean the area and then use Silver Solution Spray & Gel.

## ***Client Aftercare***

- In the hours following your Plasmasthetics treatment, a mild burning sensation (similar to a sunburn) may be experienced. This should subside within a couple of hours. If this discomfort lasts longer, anti-inflammatory medication can be taken (Providing you are well and safe to take along with any other medications you may be taking)

- Swelling in and around the treated area may be experienced, swelling may be more severe in some cases, this generally will subside within a few days providing all correct aftercare instructions are followed. In an eyelid treatment it is normal for the lower eye area to swell if the upper eye was treated. This is because the lower and upper eye are interconnected. Again, anti-inflammatory medication or antihistamine may help.
- If you have undergone Plasmasthetics treatment eyelid tightening, a clean sterile cold compress (ice pack) can be applied intermittently, for the next 48 hours. This aids in reducing initial swelling. Apply ice pack 3 times a day for 1-3 days. Ensure that you do not apply solid ice to the treated area as this can damage the skin tissue with. Make sure that with either ice in a ziplock bag or an icepack you wrap it with a clean paper towel.
- You may take arnica pills to promote healing. On the 1st day of appointment, put 5 pieces per hour under the tongue and let them melt. On the 2nd day, put 5 pieces under the tongue 2-3 times a day. Do this for several days at your own discretion.
- Adding an extra pillow while sleeping will help with lymphatic drainage.
- As the skin begins to heal it will dry out. The crusts that form on the treated skin is completely normal. Do NOT attempt to remove them. Allow them to naturally flake off. Usually 4-7 days but can take up to 2 weeks in some cases.
- Do not apply moisturizers, eye products, makeup or perfumed, or alcohol based cleansers to the treated area until the crusts fall off. Until the crusts have fallen off and the redness has disappeared, apply the recommended aftercare. Only use foundation or makeup on the treated area once the scabs are off.
- Sports, heavy sweating, gym, sauna, sunbeds etc should be avoided until the crust falls off completely and the wound is completely healed.
- Do not apply adhesive plasters (like band-aids) to cover the treated area as this does not allow the area to breathe and heal properly.
- Distilled water is recommended when cleaning the area.
- Avoid sun exposure and tanning of the treated area until the area resumes its normal tone, (usually approx 12 weeks) The area is extra sensitive to sun exposure and this can increase the chances of pigmentation on the treated area. The use of SPF 50+ is recommended you apply 3 times a day once the scabs are all of and the skin is still pink. We recommend the use of spf for 4 months. Wearing sunglasses regularly on eyelid lift treatments is recommended.
- Additional treatments can be performed after 6-8 weeks (2 months) and ONLY IF all redness has subsided.