

## Plasma/Fibroblast

Plasma fibroblast therapy is an aesthetic procedure some healthcare providers may offer as an alternative to laser, injections, or surgical therapies to tighten and improve the appearance of skin.

Fibroblasts play an important role in helping skin wounds heal as well as maintaining skin firmness and tightness.

Plasma fibroblast therapy uses a pen-like device that discharges a high-frequency electric current to small areas of the skin.

### Recovery

Once the procedure is completed, you can expect the small dots to scab over and fall off after about 1 week. Over the next couple of weeks, as your skin heals, it should appear tighter and firmer.

Some people may see benefits from one treatment, while others may require three treatments before they see results.

## Plasma Lift contradiction's

What skin types may not be good candidates for Plasma Pen treatment?

Darker skin tones (African American, African, Latin, Native American, Indian, Middle Eastern, Asian ancestry and people of mixed ethnicities) may not good candidates for Plasma Pen.

We are committed to safe and effective treatments for all. **When in doubt, we don't risk it!** We do not provide Plasma Pen treatments on Fitzpatrick skin types 4-6:



- Current or history of cancer, especially malignant melanoma or recurrent non-melanoma skin cancer, or pre-cancerous lesions or after recovery from cancer till off medication for 6 months and have GP approval prior to commencing treatment
- Any active infection
- Diseases such as a history of recurrent herpes simplex. Systemic lupus erythematosus or porphyria
- Use of photosensitive medication. And/or herbs that may cause sensitivity such as. Tetracycline or St John's wort.
- Immunosuppressive diseases including AIDS and HIV infection or use of immunosuppressive medications.
- Diabetes unless under control
- History of bleeding disorders or use of anticoagulants
- A history of heart disease (angina, heart pacemaker. Taking anti-coagulant drugs.
- Use of oral or topical retinoids or retin A. Vitamin A or other such products in the previous 3 months for the treatment of acne or other dermatological conditions.
- Surgery in the past 6 months
- Pregnancy or breast feeding or immediately after pregnancy
- Alcohol or drug abuse
- Cuts and abrasions
- Deep bruising
- Epilepsy
- Fever
- High or low blood pressure
- History of keloid scarring
- Liver disease and/or any medication that affects the liver function
- Metal implants/plates or pins
- Open wounds/ulcers/sores (on treatment are)
- On regular prescription medication – requires GP approval
- Pacemaker fitted
- Phlebitis
- Poor circulation (blood and lymph)
- Recent scarring to treatment area
- Skin disorders
- Thrombosis
- Thyroid disease or other hormonal disorders
- Under the age of 18

## **Plasma Pen vs. Cosmetic Surgery**

- No injectable anesthetic required
- No scalpel, no cutting and no ablation of the skin
- No stitches and no scars
- Very low risk procedure with minimal side effects
- Short downtime
- No thinning of the skin and more uniform than ablative resurfacing using lasers
- No asymmetries and no risks of any overcorrection
- Cost effective
- Long lasting results – usually around 2-3 years and can be permanent

## **How long will it take to see results?**

Plasma Pen skin tightening results are impressive but should not be proposed as an alternative to surgery in cases of moderate to severe skin laxity. Only surgery can achieve these kinds of results. You will typically see immediate tightening along with cumulative improvements over the next three months in the appearance of saggy skin. In some cases it may require more than one session depending on the desired results.

## **Pre care**

### **Before Your Treatment**

1. Avoid any kind of tanning (Spray tanning, tanning injections, sun tanning and tanning beds) for 2 to 4 weeks before your treatment. Ideally, you should try to use SPF50 to prep your skin for 2 to 4 weeks before your treatment, especially if you are naturally darker skinned. You may even wish to consider using a natural Tyrosinase Inhibitor to help ensure there is no overproduction of pigment in the skin aka hyperpigmentation.

2. Avoid any other type of procedures on the same area which you intend to have treated with Plasma Pen, such as laser therapy, chemical peels, Botox, fillers, as this may prevent your treatment being performed by your technician at the time you want it.

- No facial acids (Retin A, salicylic, glycolic) 14 days before or 21 days after Plasma Pen.
- No Botox or fillers 21 days before or after Plasma Pen.
- No Micro needling/PRP 21 days before or after Plasma Pen.
- No laser or peels (depending on intensity of peel) for 90 days before or after Plasma Pen.

- Surgical procedures like face lifts you must wait at least 9 months postop/before Plasma Pen

## **Aftercare**

### **Immediately Following Treatment**

1. 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.
2. 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 if possible.
3. 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.
4. Do NOT cleanse the treated area until the following day.
5. Do NOT exercise 48 hours after treatment or expose yourself to any heat, steam or sweat because this can intensify the inflammation that is already present.
6. 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.
7. 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 anything that comes in contact with the treatment area.
8. You may return to work the following day. However, you will not look your absolute best during the initial healing process (approximately 7 days).
9. 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.

### **Following Days After Your Treatment**

10. 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.
11. Tiny crusts will quickly form on the treated area. These may be visible for up to about a week.
12. Do NOT pick crusts off as this will delay the healing process and could cause hyperpigmentation and scarring.
13. 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.
14. 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 and gently pat dry.

15. Avoid swimming or chlorinated water as it can increase irritation.
16. Men should avoid shaving the treated area until it is fully healed (around 7 days).
17. If you have had treatment around your eyes, you should avoid wearing contact lenses for 72

hours after your treatment.

18. 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/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. ABSOLUTELY NO MAKEUP UNTIL SCABS HAVE FALLEN OFF.

19. 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 colour) and you should continue to do so for at least the next 12 weeks to avoid hyperpigmentation.
20. Do NOT sunbath/sun tanning beds for 10–12 week post procedure.
13. Do NOT have any other facial treatments in the same treatment area while your skin is healing (12 weeks).
14. 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

### **Other Important Aftercare Advice & Top Tips**

15. Avoid smoking and alcohol.
16. Eat a whole food diet and avoid excess sugar to maximize results.
17. On top of the immediate rejuvenation, lifting and tightening affects you will likely experience

from Plasma Pen, it takes 8 to 12 weeks for the full effects of your treatment to be seen.

18. If additional treatments are required, it will be necessary to wait until the skin completely

heals (12 weeks).

