



POST TREATMENT ADVICE

Reactions from treatment:

Reactions from treatment include: skin redness and swelling, scabbing and crusting of the skin (carbon crusts), tightness, dryness, itching, erythema, temporary skin discoloration (new skin can remain pink for up to 4 weeks), flaking and increased sensitivity to sunlight. If you suffer from cold sores (Herpes simplex), treatment may trigger a reactivation.

Effects will usually typically resolve within 5 to 10 days. Some people may react differently and may experience these reactions for longer. However, these reactions are temporary and typically resolve within 20 days as the skin returns to normal.

There is a small risk of side effects causing the skin to blister, erythema (longer term) and both hypopigmentation (lightening of the skin) and hyperpigmentation (darkening of the skin) are possible (transient or long term). In severe cases infection and scarring may result, usually if the proper aftercare instructions are not followed. Plasma treatment may cause areas of bruising although this would not normally be expected to occur, the eye contour being the area at most risk. Also the presence of purpura (red-purple discoloration) may be observed. Any such bruising will be temporary.

Failure to follow the advice detailed below can increase these risks.

Post Treatment Advice:

- Aerobic exercise or vigorous physical activity should be avoided for the first 48 hours.
- Direct sunlight exposure is to be completely avoided immediately following the treatment (including any strong UV light exposure and tanning beds). If some sun exposure cannot be avoided, first apply sunscreen with an SPF30 or greater. Sunscreen (with at least an SPF of 30) should become a part of your daily skin care regimen as your skin will become more sensitive to the sun as a result of this treatment. Avoid tanning of the treated area until the skin returns to normal. Failure to do this may induce pigment changes (darkening or lightening) of the treated skin.
- If you have undergone Zeus tightening of eyelid skin (blepharoplasty) a cold compress may be applied intermittently for the first 48 hours as well as **Cebelia LCE Balm**. This will help to reduce swelling. Do not apply solid ice as this will freeze and damage human tissue.
- For all treated areas do not apply adhesive plasters to, or cover, the treated skin. Removal of such items may also inadvertently remove healing skin cells and thereby slow down recovery.
- DO NOT apply any solution containing alcohol to the area. Clean as necessary using water. If soap is needed use only non-perfumed, non-colored soap, for example, **Clinicare Concentrated Cleansing Foam**. Pat dry (DO NOT rub) with a clean towel.
- Tiny crusts (carbon crusts) will form on the skin of the treated area. DO NOT remove these. They will fall off between 5 and 20 days post-treatment.
- Until the crusts fall off and any redness has disappeared you may apply foundation makeup, such as **Clinicare Dermo Corrective Cream SPF50**, to protect the treated area from any type of light including sunlight, indoor lighting or even computer screens. When the crusts have fallen you can begin to apply a moisturiser beneath foundation makeup. We recommend that you only use a breathable cover-up, for example mineral makeup. Please consult your practitioner for product recommendations.
- Do NOT apply any type of glycolic acid or exfoliation products as this can severely damage or irritate the skin during the entire healing process.
- DO NOT peel, rub, or scratch your skin at anytime, whatsoever. This WILL cause damage and compromise your results as well as possibly cause severe scarring.
- Please report any concerns to your practitioner as soon as possible.

Recommended skin care in between plasma treatment:

Daily application of a gentle skin care is highly recommended following the procedure for the acceleration of regenerative processes and consolidation of procedure results. Follow the directions of your practitioner.

Although the plasma treatment is effective in most cases, it is recommended to have several treatments as suggested by your qualified practitioner for optimal results.