



Permanent Makeup by Michelle Louise

Plasma Aesthetics Before & Aftercare Instructions

IMPORTANT INFORMATION

This document contains important information. Please read it carefully.

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Plasma Aesthetics Before & Aftercare Instructions

Following your Plasma procedure there may be some mild to moderate swelling to the area(s) treated. This is normal. An ice pack, covered with a clean cloth, should be applied at frequent intervals to help ease the swelling and draw the heat out of the skin.

Tiny crusts will quickly form on the treated area. These may be visible for up to about a week. Do not pick them off as this will delay the healing process. When the crusts have fallen off your skin may be a little pink. Avoid using skincare that contains Glycolic or other active exfoliating ingredients, this WILL cause irritation. YOU MUST APPLY AN SPF 50+ while your skin is in the healing stages (pink in colour).

You may experience a “stinging” sensation in the treated area(s) after treatment. This is normal and is simply the heat exiting the skin.

It is normal for the area that has been treated to feel tight and dry.

Plasma Aesthetics Before Instructions

Plasma Aesthetics is designed to improve the texture and appearance of your skin.

Patients who should NOT be treated are:

- Individuals with active cold sores or warts
- Individuals with open wounds, sunburn, excessively sensitive skin, dermatitis or inflammatory rosacea in the area to be treated.
- Individuals with a history of allergies, rashes or other skin reactions, or may be sensitive to infection.
- Individuals who have taken Accutane within the past year, or have received chemotherapy or radiation therapy.
- Women who are pregnant or breast feeding (lactating).
- Please inform the technician if you have any history of herpes simplex.

Preparation One Week Before

Avoid these products and/or procedures prior to your Micro-needling treatment:

- Electrolysis
- Waxing
- Depilatory creams
- IPL/Laser/LHE
- Please inform the technician if you are having any other procedure over the treatment area. This may affect your suitability for treatment.

Preparation Two to Three Days Before

Stop using:

- Retin-A, Renova, Differin (Adapalene 0.1%), Tazorac
- Any products containing Retinol, AHA or BHAs or benzyl peroxide
- Any exfoliating products that may be drying or irritating

Plasma Aesthetics Aftercare Instructions

Reactions from treatment include:

- Accentuated lines & wrinkles due to dryness
- Dryness
- Indentations where scabs have formed
- Irritation
- Minor bleeding
- Minor pain/soreness
- Redness
- Scabs
- Swelling - quite pronounced and prolonged around the eyes

These reactions are usually temporary and should resolve in time.

Any swelling can last up to a week, redness can last approximately 2 weeks, however, some people may react differently and may experience reactions for up to 3-4 months. If redness persists, there are signs of infection, or the part is sore consult your practitioner. If any other side effects develop, report them to practitioner immediately.

After treatment, avoid all facial products, other than those recommended by your practitioner, until skin normalises as these may irritate the skin.

It is your responsibility to keep the treated area clean and minimise the risks of infection.

It is recommended that the use of soaps, other than those recommended by your practitioner, on the treated skin area is restricted until the skin normalises and where possible warm / tepid water is used for cleansing. Do not scrub. Pat to dry only.

Do not use makeup of any kind up until the scabs (which may form) have fallen off by themselves and the area has recovered fully. The use of any type of makeup while the area is still recovering can increase the risks of scar formation and hyper or hypopigmentation.

Avoid alcohol for at least 48 hours after treatment.

Avoid smoking, extreme sports and exercise for one day following treatment or until the part/s treated have fully recovered.

Avoid any activity, which may increase the risks of infection.

Avoid, electrolysis, depilatory creams, waxing, and laser hair removal for a minimum of 14 days after treatment or until the area/s have fully healed.

Avoid the use of any plasters on the treated area/s.

Avoid freezing temperatures, saunas, and sun exposure, tanning products, or UV lamps/light for 6 weeks after treatment.

Refrain from touching or pulling at any flaking skin, or pick any scabs, which may follow treatment as this can cause an uneven result in pigmentation.

Effects of the Plasma Treatment for simultaneous use with peeling, botulinum toxin (Botox), laser, or ultrasound based treatments in the same area is unknown and should be avoided for at least two months after the last treatment.

Drinking plenty of water and eating foods with vitamins A, C & E will greatly help the healing process. Rutin supplementation may help those with telangiectasia/thread veins. Supplementation with Alpha Lipoic Acid can help the skin overall.

Once the area treated has recovered, apply total sunscreen daily for up to 3 months after the last treatment - failure to do so can increase risks of hyperpigmentation. Supplementing with astaxanthin may help to avoid effects of sunlight/daylight on the skin.

There is small risk of scarring, hyper and hypo pigmentation and other undesired effects, however these risks are greatly increased if the aftercare instructions are not strictly adhered to.

Although the treatment is effective in most cases, you may require several treatments as suggested by your practitioner.

DO NOT HESITATE TO CONTACT US IF YOU HAVE ANY CONCERNS FOLLOWING YOUR PROCEDURE – WE ARE HERE TO MAKE YOU FEEL COMFORTABLE

