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## PLASMA FIBROBLAST TREATMENT GUIDELINES

### Pre-Treatment Recommendations

To ensure the best results and reduce the risk of complications, follow these guidelines:

- **Hair Removal:** Avoid waxing, plucking, depilatory creams, or electrolysis for **two weeks** before treatment and between sessions.
- **Skincare Products:** Do not use **prescription-strength exfoliants** (such as Retin-A or Alpha Hydroxy Acid) for **two weeks** before treatment.
- **Sun Exposure:** Avoid tanning (including self-tanners, sunbeds, and direct sun exposure) for **four weeks** before treatment. Always apply **SPF 30+ sunscreen** on areas that will be treated.
- **Darker Skin Tones (Fitzpatrick 3 & above):** Begin using a **melanin inhibitor** (e.g., **Lira Pro Lite**) **2–4 weeks** before treatment to reduce the risk of pigmentation issues.

### Post-Treatment Care - First 48 Hours

- **Avoid getting the treated area wet.**
- **Do not apply any skincare products** except Solugel, Stratamed, or Solosite™ (1–2 times daily).
- **Begin using EGF/DNA cream 48 hours after the procedure** (apply morning and night for **7–14 days** to keep skin hydrated). If using **Lira Pro Lite**, apply it **before** EGF/DNA cream.
- A mild **sunburn-like sensation** is expected for the first 2–3 hours and may last up to 2 days. Apply a **cold compress** (dry, not wet) every hour for **5–10 minutes** to reduce swelling.
- **No sun exposure for 48 hours.** After that, apply **SPF 30+ sunscreen** daily for **4–6 weeks**.
- Showering and bathing are allowed but avoid hot water on the treated area.
- **Do not use** scented lotions, exfoliants, loofahs, or harsh scrubs during healing.

### Healing & Aftercare

- **Blisters/Open Areas:** Allow them to heal naturally. Do not pick at them. If healing is slow, apply a **thin layer of antibiotic ointment** (not recommended for crusting).
- **Scabbing & Crusting:** Crusts will form and naturally fall off within **3–14 days**. **Do not pick, scratch, or rub the area** to prevent scarring or infection.
- **Cosmetics:** Avoid all makeup on the treated area until **Day 5** (**mineral makeup is allowed from Day 5**).
- **Avoid for at least 1 week:**
  - Swimming, hot tubs, and saunas
  - Excessive sweating (exercise, hot yoga, etc.)
  - Sun exposure (cover treated areas and use SPF 30+)

### Medications & Photosensitivity

Some medications can increase sun sensitivity and affect healing. Inform your skin therapist if you are taking or start taking any of the following:

1. **Antibiotics** (e.g., doxycycline, minocycline, tetracyclines, sulphonamides)
2. **Antihistamines** (e.g., diphenhydramine, cyproheptadine)
3. **Antidepressants**
4. **Herbal Supplements** (e.g., St. John's Wort, Ginkgo Biloba, citrus oils, herbal HRT)

*Taking these does not exclude you from treatment, but additional precautions may be needed.*

## **Healing Timeline**

### **Day 1**

- Swelling and fluid retention are common, especially around the eyes.
- **Use a dry cold compress** if needed for swelling.
- Apply **after care repair cream/gel morning and night** for the first 2 days.
- The area may feel **hot, like a sunburn**, for **24–48 hours**.

### **Days 1–4**

- Swelling peaks in the morning and may move to the under-eye area.
- Skin will feel **tight** for **2–4 days**.
- Mild **itching** is normal around **Days 2–5**. Use **Mediquattro (from a pharmacy)** to relieve itching.
- **No pain or discomfort should be felt by Day 4.**

### **Day 5–10**

- **Scabs begin to shed naturally—do NOT pick at them.**
- **Use Bepanthen** (available at local pharmacy) **from day 4 onwards for faster healing.**
- **Mineral makeup** is allowed from **Day 5**.
- By **Day 10**, most or all scabs should be gone, and you can **resume normal skincare, exercise, and makeup use.**

### **Weeks 2–4**

- The treated area may still be **slightly pink and sensitive.**

### **Weeks 5–8**

- Skin continues to **heal and improve** in texture and appearance.
- By **Week 8**, the treated area should **blend naturally** with surrounding skin.

### **Months 3–6**

- Schedule your next **Plasma Fibroblast treatment session**, if needed.