**KATY CARTER AESTHETICS**

**Fibroblast Plasma Skin Tightening**

Pre & Post Treatment Information & Contraindications

**CONTRAINDICATIONS:**

-Heart conditions- angina or blood pressure problems.

-Diabetes or poor wound healing.

-Autoimmune disorders.

-Active cold sores, herpes simplex in the area to be treated.

-History of keloid scarring.

-Pregnancy/Breast Feeding.

-Allergies to any anaesthetic or topical preparation.

-Antibiotics

-History of radiation therapy in the area to be treated.

-Skin Cancers.

-Rosacea - if inflamed.

-Skin Infections.

-Pre-existing inflammatory dermatoses (e.g., psoriasis, atopic dermatitis, pemphigus)

-Oral retinoids (Roaccutane) 6 months off meds before peel

-Water holding conditions (lipoedema etc)

Smoking:

Patients must understand the necessity for smoking cessation. The dynamic action of puffing can worsen perioral rhytids, and the chemicals in the smoke can cause enzymatic reactions that weaken the skin and cause further wrinkling around the mouth and eyes.

**PRE – TREATMENT ADVICE:**

-If you are showing signs of a cold or flu, treatment should be rescheduled.

-Make sure you have a shower before your treatment as you will not be able to get the area wet for 2 days. Ladies- make sure you wash your hair!

-DO NOT take antihistamines before treatment.

-The treated area will be red, swollen and a little tender, make sure you don’t have any appointments after having Fibroblast.

-Contact lenses must be removed when performing treatments on the upper eyelids.

-Skin should not be inflammed in the area being treated.

-If you have sunburn/windburn, treatment shouold be postponed for 8 weeks.

-Discontinue using AHA’s/BHA’s & Retinoids for 4 weeks prior to treatment (if on the face)

-Eyelash extensions must be removed, if having treatment around the eyes, prior to the treatment. They will need to stay off for atleast 8 weeks.

**POST – TREATMENT ADVICE:**

-Keep the area clean to avoid infections until the scabs have formed and exfoliated on their own. Follow the aftercare instructions exactly as written to ensure the best possible healed outcome.

-A cold DRY compress can be applied to the area for the first 48hrs.

-Keep the area clean using a mild unscented cleanser. I recommend iS Clinical Cleansing Complex/ Medik8 Gentle Cleanser. Use a very mild pressure to clean.

-Gently apply your aftercare product (using clean hands) to the treated areas needed to relieve pain/itching each day until your scabs fall off on their own. Pure Aloe Vera Gel.

-IMPORTANT- allow all scabs to fall off ON THEIR OWN. This will ensure the best possible healed result and avoid scarring and infection.

- Be patient with the process, allow yourself time to heal.

-Avoid sun exposure and tanning beds. You MUST wear an SPF on the area every day. I recommend Heliocare. The skin is still healing and can easily be damaged by UVA&B rays causing hyperpigmentation. You need to apply 20mins before leaving the house and reapply every 2 hours.

- Do not apply makeup (even mineral) for the first 4 days until the scabbing is complete (7-14 days)

-Do not apply plasters on the treated areas, this will disrupt the healing process.

Do not work out, swim, get in a hot bath or steam room. (avoid sweating and soaking scabs)

**SWELLING:**

Swelling is to be expected after this treatment. This is because the area will be recovering from a deliberate controlled wound, therefore the natural side effect is swelling. There are steps you can take to minimize swelling, but it cannot be avoided, this is a response to the trauma. Swelling will subside in a matter of days.

**PONTENTIAL SIDE EFFECTS:**

-Pain, most people feel some heat related discomfort during the treatment. This is temporary. You will be numbed with a topical ointment.

-Redness and swelling. Plasma treatments will cause varying degrees of redness and swelling in the treatment area. These are common side effects. They usually last from several days to a few weeks (uncomomn). Prolonged redness, although uncommon, has been previously documendted.

-Itching. Itching can occur as part of the normal wound healing process or may occur as part of an infection, poor wound healing or dermatitis.

-Acne or Milia formation. A flare up of acne or formation of milia, tiny white bumps may occur. These symptoms usually resolve themselves completely.

-Pigment changes. During the healing phase, the treated area may appear to be darker, this is called post inflammatory hyperpigmentation, this occurs as part of the normal skins reaction to injury, the pigment will usually fade within three to six weeks.

-Hypopigmentation. In some patients who experience pigment changes, the treated area loses pigmintation and becomes a lighter colour than the surrounding skin. This type of reaction may be permanent.

-Bleeding oozing and crusting. Treatment may cause pinpoint bleeding and oozing. Crusting with scabbing may form after the drawing of clear fluid or blood. These reactions need to be reported to the clinic for additional post care instructions

-Blisters, burns and scabbing . Heating the upper layers of the skin may occasionally cause blisters or burns and subsequent scab formation. The blisters usually disappear within two to four days. A scab maybe present after blister forms but typically will disappear during the natural wound healing process of the skin.

-Scarring. Scarring is a possibility due to the disruption to the skins surface and or abnormal healing. Scars, which can be permanent, may be raised or depressed. Scarring can lead to loss of pigmentation (hypopigmentation) in the area.

-Melasma. Melasma is a condition which is difficult to treat. Although good results have been obtained, multiple treatments, aswell as the use of lightening ingredients are necesarry for optimal results. No guarantee can be offered. Results very from patient to patient.

**STAGES OF HEALING:**

**Day 1:** Try to lay propped up with pillows. Some discomfort is normal. The swelling will likely be worse in the mornings and lessen towards the evening. With eye treatments, you may find it difficult to open your eyes, but it will subside throughout the day. It will feel like a bad sunburn.

**Day 2:** Swelling typically peaks by day and can also spread to the under-eye area, DON’T PANIC, this is perfectly normal. The upper and lower eye are all connected and the fluids from the upper eye will drain to the lower eye area. This too shall pass.

**Day 3**:  You may notice an improvement in the swelling and the “dots” will start to crust/scab over. Allow scabs to fall off on their own. Discomfort will have subsided a bit. Under eye swelling may still be present.

**Day 4:** Some mild residual swelling may still be present on the upper eyelids. Discomfort should diminish.

**Day 5:**  Swelling should subsist, and scabs may still be present. Use Aquaphor to protect scabs that are accidentally rubbed off.

**Days 6 - 10:**  Wait patiently for the remaining scabs to fall off on their own.  It is normal for the new skin under the scabs to be pink or red and peeling as the healing process continues.

**Weeks 2 - 8:**  After scabs fall off, you may have tender, peeling or textured skin for a few days or weeks. Once tenderness subsides, use a non-physical, gentle, enzyme exfoliant to slough off peeling skin. After scabs fall off, you may also use healing serums, lotions and make up.  Each day, your skin will progressively return to its’ original coloration and texture.

Depending on laxity and desired results, you may have multiple treatments on the same area.  Areas may be treated every 3 months to let the collagen heal and turn over.