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**Fibroblast Plasma Skin Rejuvenation**

**CONTRAINDICATIONS:**

* 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

Erythematous or Porphyria

* Use of photosensitive medication, and/or herbs that may cause sensitivity to

such as, tetracycline or St. John’s Wart

* Immunosuppressive diseases including AIDS and HIV infection or use of

immunosuppressive medications

* Diabetes unless under control
* History of bleeding coagulopathies or use of anticoagulants
* History of keloid scarring
* A history of heart disease (Angina, heart pacemaker, taking anti-coagulant

drugs)

* Use of oral or topical Roaccutane 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
* Alcohol or Drug Abuse
* Pregnancy/Breast feeding
* Cuts and abrasions
* Deep bruising
* Any active infection
* Fever
* High or low blood pressure
* Immediately after pregnancy
* Liver disease and/or any medication that affects the liver function
* Metal implants/plates or pins
* Open wounds/ulcers/sores (on treatment area)
* 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 18 years of age
* Sunbed User

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 Plasma

-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 a sun tan/sunburn/windburn, treatment should be postponed for 8 weeks.

-Discontinue using AHA’s/BHA’s & Retinoids for 2 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)

-You may experience a stinging sensation in the area immediately after treatment. This is completely normal and should subside within 24hours.

After treatment, clients should expect redness and swelling. Application of ice

packs or hydrating masks can soothe and help reduce swelling. We also

recommend the use of healing cream and cold packs directly after treatment to

reduce the swelling in the area and speed up recovery. Information and purchase of

these products can be found on our website under the Fibroblast training page.

In extreme cases, (especially if the client has failed to follow aftercare advice),

swelling can last several days and may initially interfere with vision. Anti-

inflammatory medication and/or antihistamine medication may help.

Initially after treatment and for a day or so afterward, there may be occasional

weeping. This is simply plasma and is a natural healing response. This will flake off

after a few days but in some cases can take over one week. DO NOT pick, pluck or

scrub at this crusting or scabbing as it can lead to infection or scarring. Likewise, it

is important to keep the treated area clean and dry.

For 48 Hours After Treatment

• No Sauna

• No Sunbeds

• No Sun Exposure

• No Botox, Collagen Injections or Dermal Fillers

• For 1 Week After Treatment

• No Swimming

• Do Not Use Anti-Aging Creams

• Do Not Use AHA’s, Glycolic or Retinol

• Do Not Use Exfoliating Products

• At All Times During the Course of Treatment

A minimum of SPF50 must be applied and exposure to the sun should be avoided

Regular moisturising with either an all-natural moisturizer or hyaluronic acid is vital

to replenish moisture and prevent the skin from becoming dry and peeling.

**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.

Brief Overview:

-Burning sensation will soon reduce and anti-inflammatory/antihistamine medication can help.

-You may have some swelling, especially around the eyes. Swelling usually only lasts a few days.

-Ice packs and hydrating face masks can soothe and help reduce swelling.

-Formation of brown/black crusts on the skin surface. DO NOT pick!

-Scabbing will fall off between 1-14 days.

-Keep treated area clean and dry.

-Use sunscreen once the scabs have formed.

-Do not cover with plasters or occlusive dressing.

-Contact for advice if the area becomes hot, red, or weeping pus.

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