

Fibroblast Aftercare Form

After care is one of the most important components for success in your Plasma Skin Tightening treatment. It is very important that you follow the aftercare guidelines diligently. You will leave your treatment with tiny carbon dots where the sublimation occurred.

- The CARBON DOTS WILL SHED NATURALLY IN 5-7 DAYS, sometimes up to 10, and that's okay too.
- DO NOT RUB, SCRATCH OR ABRABE THEM in any way. Hands off and leave them be.
- KEEP THEM DRY. Do not cover them with ointment, salve, oil, lotion or any other topical application for two full days.
- DO NOT WEAR MAKE-UP OR ANY OTHER TOPICAL PRODUCT for a minimum of two full days, preferably until the carbon dots have shed.
- KEEP THEM FREE FROM ABRASION from clothing, toweling etc...
- KEEP THEM OUT OF THE SUN.

The Healing Process

- Immediately and shortly after treatment there may be some swelling and fluid retention, especially around the eyes. A DRY COLD COMPRESS is a great way to mitigate this. DRY! DO NOT DAMPEN OR WET THE TREATMENT AREA. However, swelling is not a bad thing and is a natural part of the healing process, so don't try to "treat" it with anything other than cold compress and only use that if you feel you really need to. The eye area is the most prone to swelling, so do expect it and allow yourself a full 24 hours to let this subside.
- Especially in the eye area, swelling peaks upon waking, first thing in the morning. Over the course of the first 1-3 days, it is normal for the swelling to migrate down into the under-eye area. This will subside generally through day 3 and be mostly normal by day 4.
- The area will feel hot, like a sunburn for about the first 24 hours. This is normal. The sensation should subside after through the first 24 hours and by the second day shouldn't feel hot anymore.
- Treatment zones will feel tight both immediately after the procedure and for the first 2 to 4 days.
- You will likely experience the area feeling slightly itchy from about days 2-5. This is a normal part of the healing process. DO NOT ITCH OR SCRATCH THE DOTS. DO NOTHING TO ABRABE THEM IN ANY WAY.
- Beginning around day 5 the dots will begin to shed naturally, on their own, and this will continue through about day 7, possibly up to about day 10. LET THIS HAPPEN NATURALLY, DO NOTHING TO ABRABE THEM IN ANY WAY.
- By day 10 your carbon dots should be gone, and you can resume your body care, physical activity and makeup use as normal.
- IT IS IMPORTANT TO KEEP THE TREATED AREA PROTECTED FROM SUN EXPOSURE. So that means avoiding direct exposure, covering the area or sunblock, just be sure to keep the treated area out of the direct sun exposure for at least the 8 weeks of the fully healing process.
- Week 2 to 4 will present with the treated areas slightly pink and could be slightly tender to the touch.
- Weeks 5-8 will see continual improvement both in sensation, texture, look and feel. By week 8 the treated area will have completely blended with the untreated areas.

Patient Name (Print): _____ Date: _____

Patient Signature: _____

Technician Name (Print): _____ Date: _____

Patient Signature: _____