



## PLASMA LIFT SKIN TIGHTENING AFTERCARE

### What to Expect:

**REDNESS/DISCOMFORT:** Most people will experience a mild burning sensation immediately following any Plasma Lift procedure. This is similar to a sunburn which should resolve within a few hours. However, this depends upon your sensitivity tolerance and this discomfort may last longer. If you feel particularly uncomfortable, anti-inflammatories such as Advil or antihistamines such as Benadryl are suggested. It is up to the individual to decide on self-medication.

Redness can last 12-72 hours. If it lasts longer than that, an antihistamine like Benadryl can help relieve redness.

**SWELLING:** As a natural healing response, it is usual for the treated area to become swollen, especially around the more delicate area such as the eyes. Ice packs not only soothes but also helps the swelling. Recovery can vary depending on your natural rate of recovery. Most people find it only lasts a few days. In extreme cases (specifically, if clients do not follow aftercare guidelines), the swelling can last several days longer and may interfere with vision if Plasma Lift treatment was performed in the eye area.

**WEEPING:** Initially after treatment and up to 3 days later, there may be occasional weeping. This is the natural healing response to the plasma lift procedure.

**CRUSTS/SCABS:** As the treated area begins to heal, you will notice the drying out process whereby a brown/black crust develops on the surface of the skin. This will flake off after a few days, but in some cases can take up to 10 days. **DO NOT PICK the crusting** as it can lead to infection or scarring. It is important to keep this area clean.

### Aftercare

Wash the treated area at least once daily with antibacterial soap. Rinse with water and pat dry (do not rub) with a clean paper towel.

Apply the provided aftercare ointment in the morning and evening as directed.

Do not wear foundation on the treated area until all of the carbon spots/scabbing has fallen off.

If there is swelling, apply ice as needed. Anti-inflammatory medicine such as ibuprofen may help lessen swelling as well.

**It is *strongly* advised that you use a 30–50 SPF sunscreen (throughout the year, including the colder months) to avoid sunburn as the area’s sensitivity to sunlight will be heightened for up to 3–4 months post Plasma Lift procedure.**

**Direct sun exposure or failure to use sunscreen can result in permanent hypo- or hyper-pigmentation.**

Clean water with antibacterial soap is best for cleaning the treated area(s).

DO NOT use alcohol-based cleansers as this will slow down the healing process.

If at any time the treated area(s) become too hot, red or shows sign of pus, please contact us or your doctor for advice as you may be developing an infection.

For optimum results, more than one Plasma Lift treatment is usually needed and can be performed typically 8-12 weeks onwards after the initial procedure.

It is important that these crusts are not removed (never scratch, otherwise a scar will remain). Instead, twice daily in the morning and in the evening, carefully clean the areas, then disinfect it with distilled water spray and gently dab with a clean, lint-free cloth. Then apply provided ointment twice daily.

Swimming and sauna activities are only permitted 2 weeks post treatment and once all the crusts have fallen off the skin surface and the wound is completely healed and closed.

Smokers may experience a significant worsening of the blood flow, which increases the risk of wound healing and/or slowed healing.

After the independent peeling of the scab crusts (typically 5-8 days), pink/red skin forms. Note that after the crusts are lost, a slight redness may remain in the following weeks to months. **It usually takes 4-6 weeks (sometimes longer) until the skin has reached its normal color again.**

**For at least 14 DAYS after treatment:**

NO swimming

NO smoking

NO using anti-aging creams on or near treated area

NO applying AHAs, Glycolic, or Retinol products on or near treated area

NO using exfoliating products on or near treated area

NO saunas

NO Botox, collagen injections, or dermal fillers on or near treated area

NO picking scabs or crusts

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Contact Housley Institute at **(513) 454-6911** for advice if area becomes hot, red, or weepy.