

Plasma Pen / Fibroblast Skin tightening treatment FAQ!

The results of the fibroblast treatment are permanent and may be visible for years. However, the ageing process is continuous and your skin ages every day both before and after the procedure and this cannot be stopped.

The results of this treatment are permanent but when it comes to mimic facial lines (worry lines) these may recur quickly because muscles are stronger than the skin and therefore the lines will recur. This process uses an electrical arc which touches the skin surface. The heat widens the pores and is transferred into the epidermis all the way to the papillary layer which contains fibroblast cells. From this, excess skin is reduced and the results are comparable to lift procedures or wrinkle reduction. Most, if not all, methods of skin resurfacing are based on creating a controlled skin damage, which activates its healing. This leads to the skin remodelling and improvement in various signs of aging.

What is a Plasma skin tightening treatment?

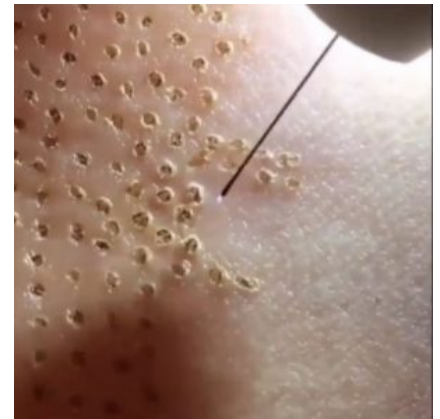
A new treatment specifically designed to dramatically enhance looks without cutting, burning or removing excess skin or fat, plasma fibroblasting is a great substitute for traditional surgical and injectable treatments. It's NON-invasive or NON-surgical.

What are Fibroblasts?

Dermal fibroblasts are cells within the dermis layer of skin which are responsible for generating connective tissue and allowing the skin to recover from injury. The micro trauma caused by plasma stimulates Fibroblasts, existing collagen and elastin in the skin and promotes the production of new skin cells which will help to strengthen, plump and tighten the skin. New cell production continues for several weeks after a session. This helps to refine fine lines and wrinkles, and improve the overall complexion of the skin. Fibroblasts are critical in supporting healing functions of the skin, and involved in key processes such as creating new extra cellular matrix (ECM) and collagen.

How does Plasma skin tightening work?

Plasma Fibroblasting treatments work on the principle of ionized gas in the air. At the right distance from the skin, oxygen and nitrogen are mixed, and the electrostatic energy produces the plasmatic effusion or arc, which discharges onto the skin. Without actually touching the skin, this plasma arc vaporises the skin forcing it to contract and stimulates fibroblasts – the cells responsible for the production of collagen. Small carbon crusts form on the skin, resembling dots, which slough away over the coming days to reveal regenerated skin. This micro-trauma and stimulation is the key to the treatments results.



What to Expect from Plasma Treatment?

To ensure client comfort a local anaesthetic cream can be applied before commencing the procedure. Clients can expect a small degree of swelling when treating the eye area, which usually resolves quickly within 3 or 4 days. Small circular carbon crusts form at each treatment point, which slough away after a few days but may take up to a week to completely clear.

After care balms expedite healing, and minimise infection risk. Once the skin has healed you will be left with more youthful, radiant skin. The results from this treatment are dramatic and long lasting, so usually a single treatment is enough to achieve the results you will want.

How long does Plasma Skin tightening last?

The effects should last as long as they would with invasive surgery. The results can last you years depending on the area treated. The positive effects of treatment will be noticeable immediately after the first treatment, but the best results will be seen after 4-8 weeks. Like any surgical procedure the effects aren't entirely permanent and won't stop the ageing process. However, the results you get should last you for many years. The positive effect of the Plasma Fibroblast treatment will be noticeable almost immediately after the first treatment and continuing over 8 weeks.

Is Plasma Skin Tightening painful?

Plasma is mildly to moderately uncomfortable. Everyone's pain level is different and some areas of the body are more sensitive than others. Numbing cream is helpful in reducing the discomfort during treatment.

What is the aftercare advice for Plasma skin tightening?

Clients can resume normal activities immediately after their session. A



sensation like sunburn is often observed, if clients feel particularly aware of the treatment area over the counter anti-inflammatory medication such as Ibuprofen can be taken. Do not pick, peel or pull at carbon crust – wait for them to slough away naturally. This period of visually not looking 100% is worth the wait!

The area treated must be kept free of all make up, mascaras, creams and lotions other than recommended aftercare products.

Cleanse the area twice daily with lukewarm water to avoid build up of bacteria. Do not use alcohol-based cleansers or apply plasters as this can slow healing. Expect some swelling for one to five days after treatment – recovery times are generally shorter than this. This is a normal reaction, and part of the initial stages of the skin healing & rebuilding. Typically swelling is at its worst on day 3 and will have subsided by day 5. To prevent scabbing, clients should keep the area moist using aftercare products, and supplementing their diet with additional vitamin C. Clients must contact the clinic if at any time the area becomes hot, red or shows signs of infection.

There may be occasional weeping; this is normal and part of the healing response. As the area heals and dries, a light crust can form on the skin. Do not pick, and keep clean and dry. Clients must revisit for a review at 8 weeks post session.

Clients must wear SPF50 and stay out of the sun 6+ weeks to avoid hyperpigmentation.

WHAT AREA'S CAN BE TREATED?

1. Eyelids, which includes the under eyes and excess upper eyelid skin.
2. Crow's feet
3. Worry lines
4. Forehead lines
5. Any sorts of wrinkles on the face/neck
6. Skin imperfections, such as skin tags and sunspots.
7. Improving the look of scars, especially acne scars.
8. Loose skin on the abdomen caused by pregnancy.
9. Nasolabial folds, aka laugh lines around the mouth area.
10. Jowls and Neck Tightening.

Are you an ideal candidate?

- You should be in good health at the time of the appointment, with no pre-existing health conditions. Signs of the cold and flu will result in rescheduling your appt.
- Your skin should not be swollen or inflamed on or around the treatment area.
- If your skin is prone to keloid scars this treatment should be avoided.

- Diabetes, healing disorders or lymphatic draining issues should not undergo treatment.

- Sunburn or Suntanning should be avoided.
Please avoid tanning prior to treatment.
- Clients with Hyperpigmentation / Hypopigmentation are not ideal candidates.

- Treatment cannot be performed if signs of Herpes simplex (cold sores when working in the lip area) It is recommended you consult with their medical Doctor and begin taking doctor prescribed medication 3 days prior to treatment and 4 days following treatment.

- Treatment cannot be performed if Client wears a pacemaker.
- Treatment must be avoided if you are pregnant or breastfeeding.
- If you wear eyelash extensions, they must be removed prior to treatment.
- This treatment is only recommended on Fitzpatrick Scale 1-3

Fibroblast Treatment is not advised for those with very dark skin. This is because there is a higher risk of hyperpigmentation (dark spots) or hypopigmentation (light spots) following treatment

Before your treatment:

- We recommend you avoid sun-tanning, spray-tanning, tanning injections and sunbeds for 2 to 4 weeks before your treatment. Ideally, you should try to use SP50 to prep your skin for 2 to 4 weeks before your treatment, especially if you are naturally darker skinned
- Avoid any other type of procedures on the same area which you intend to have treated with Plasma Pen, such as laser therapy, chemical peels, fillers, as this may prevent your treatment being performed by your technician at the time you want it

Day of your treatment:

Please come to your appointment with freshly cleansed skin, no make-up!

A numbing cream is applied to the treatment area for 45 minutes to help with any discomfort. Once the treatment area is numb, your Plasma Pen/Fibroblasting session will begin. You may feel some heat in the treatment area, which may be uncomfortable and slightly irritating. Treatment time can take anywhere from 10-40 minutes, depending on the size of the area being treated.

Immediately after treatment the treated area may be red and mildly swollen with small carbon crusts. It is common to experience a sensation similar feeling to a sun burn which will likely last a few hours. Swelling may increase over the following few hours after treatment and may continue to do so when treating the eye area and may last 2-3 days thereafter. The carbon crusts will lift and fall off within 7-10 days depending on the individual and area treated. Results gradually improve over the course of the following 8 weeks.

Following your treatment you will be given thorough aftercare instructions to ensure that you see the best results. It is important to follow these instructions. In the week following treatment (or until the treatment area has fully healed) an exfoliating wash or cleanser should not be used. An aftercare kit and instructions will be provided to you on the day of treatment.

