

JETT PLASMA SOFT SURGERY PRE AND POST CARE

The Jett Plasma Lift Pen uses revolutionary technology based on electrical discharge (plasma) which is generated between the safe, high-voltage tip of the device and the treated area. The technology is extremely precise and only penetrates the superficial layer of the skin, causing instant contraction and tightening, leaving behind a trace of carbon in the form of a crust. This crust heals, leaving the treated skin looking tighter and rejuvenated. The plasma is able to produce a significant amount of collagen contraction and production in the skin in areas we were previously not able to treat as effectively non-surgically.

The device is capable of treating many conditions, including: excess upper and lower lid skin (blepharoplasty), wrinkle reduction, xanthelasma, skin/sun-spot removal, non-cancerous skin growth removal, scar tissue including acne scar treatment and tattoo removal.

You must follow these important guidelines carefully if you wish to enjoy optimal results and protect your investment in Plasma Pen treatment.

Pre Care Instructions

- Depending on the area treated the doctor will either use topical creams to numb the area or may inject local anaesthetic. Please arrive timeously so that the anaesthetic has time to activate.
- Avoid any kind of tanning or sun burn for at least two weeks before your treatment.
- If you are naturally darker skinned, your doctor may have advised a pre-treatment with a pigment control regimen containing tyrosinase inhibitors – please adhere to this.
- Avoid any other type of procedures on the same area which you intend to have treated with Plasma Pen:
 - No facial acids (retinA, salicylic, glycolic) 2 weeks before or 1 month after Plasma Pen.
 - No Botox or fillers 2 weeks before or after Plasma Pen.
 - No microneedling / PRP 3 weeks before or after Plasma Pen.
 - No laser therapy 3 months before or after Plasma Pen.
- If you develop an infection or rash in the area to be treated prior to your appointment we recommend that you reschedule your appointment until it resolves.
- Make sure you are in good general health. The result of the treatment relies on your capacity to heal to produce the desired result. This can also be affected by being on chemotherapy, radiation therapy, immune suppressive drugs and corticosteroids.
- Inform us if you are on any strong medications or if you have any new medical concerns.

Post Care Instructions

As Plasma is non-invasive and does not require general anaesthetic or stitches, and there are limited risks in comparison to surgical procedures. You may feel a burning or tingling sensation and a crust may form over the affected area – this must be kept clean and dry to prevent infection. Treatment in sensitive areas, particularly the eyes, may cause mild swelling for up to a week, whereas other areas heal in a few days and you may return to work day following your treatment.

Immediately following treatment:

- You may experience a “stinging” sensation in the treated area(s) immediately after treatment. This is normal and it generally only lasts for about an hour.
- If the treated area is swollen, you may apply ice packs covered with a clean cloth. Do NOT apply ice directly onto the skin, as this can cause damage to the tissue.
- If you are receiving a Plasma Pen treatment anywhere on your face or neck, we recommend you sleep on your back with your head elevated to reduce swelling.
- Only start cleansing the area from the next day with a very gentle cleanser twice daily.
- Do NOT exercise 48 hours after treatment or expose yourself to any heat, steam or sweat because this can aggravate the existing inflammation.
- Only apply products advised by your treating practitioner. Many ingredients in skincare products and cosmetics can irritate skin and cause allergic reactions. Ultimately, this will slow your healing process and possibly impede desired results.
- Avoid touching the area unnecessarily and **never** pick off the crust.
- If you have had treatment around your eyes, you should avoid wearing contact lenses for 72 hours after your treatment.

Days following treatment:

- It is normal for the area that has been treated to be red / pink, swollen and feel tight and dry. Occasional weeping is normal and will settle. The crusts / scabs can remain up to 10 days but usually falls off by 5-7 days.
- Do NOT pick crusts off as this will delay the healing process and could cause hyperpigmentation and scarring.
- Rinse and clean **gently** with cleanser twice a day. You are only removing excess oil and do not need to thoroughly cleanse the treated skin. Blot dry with a soft towel - NO wiping!
- Disinfect eyelids or treatment areas around the eyes with safyr bleu eyedrops or Thochlor GF spray twice daily.
- Keep crusts moist by applying aftercare serum three times a day – but only in small amounts, do not soak the area.
- Avoid swimming or chlorinated water as it can increase irritation.
- Men should avoid shaving the treated area until it is fully healed (around 7 days).
- Avoid sun exposure especially in the first few days after treatment. Sunglasses and hats are advised.
- You may apply an appropriated tinted sunblock to the area from day 3 when the crusts have settled. But do not apply normal makeup. Confirm with your practitioner if you are unsure.
- Once the scabs have fallen off (approximately 7 days), your skin may be a little pink. You may begin to apply your normal foundation / makeup / sunblock, but avoid using skincare products containing glycolic/salicylic/retinoic/AHA/scrubs or any other active exfoliating ingredients / devices for at least 3 weeks, as this will cause irritation.
- **NB:** continue to wear full coverage and SPF50+ while the skin is healing (will appear pink +/- 1 month). We advise continue using SPF50+ for at least 12 weeks following your treatment.
- Do NOT wax the treated area for at least 3 weeks. If you are receiving Plasma Pen treatment anywhere around the eyes, wait the full 12 weeks. It is fine to tweeze or thread any unwanted hairs after scabs have fallen off the area.

This treatment may need to be repeated after minimum 12 weeks to achieve further enhanced results.