



## Post Plasma Pen Treatment

NuVissa Plasma Pen may cause certain side-effects. The intensity and duration of your side effects depends on the treatment area and your individual healing characteristics. Notify your provider if the severity of your side-effects becomes a concern

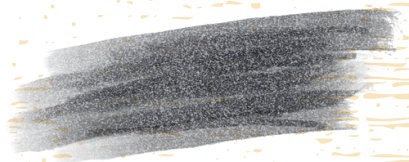


### Swelling

You will notice most of the swelling on the first morning following the treatment, particularly if treated around the eyes. Swelling usually lasts 2-3 days, however, they can last up to 3 weeks,

**To minimize swelling do the following:**

- Take Anti-Inflammatory medication (such as: Advil, Motrin, Ibuprofen, Aleve) starting 6 hours after treatment if needed
- Sleep elevated for the first 2 nights. Use as many pillows as tolerated. Avoid sleeping on the area which was treated.
- Take arnica tablets as directed for 1 week after the procedure.



## Redness

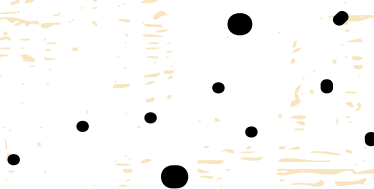
Most redness resolves in 7-10 days after treatment, but a rosy "glow" can remain for several weeks after the treatment, again, depending on your healing ability, age, medications, metabolism, and other variables.



## Dry Skin

Your skin may feel dry, peel or flake.

You may notice a "sandpaper" texture a few days after treatment. Keep the treatment areas moist with Aquaphor as directed.

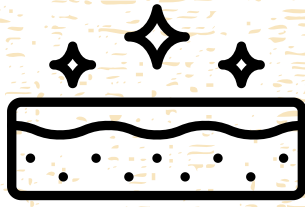


## Bronzing. Crusting and Small Dark Dots:

A Plasma Pen Treatment causes destruction to microscopic cylinders of skin which then exfoliates during the healing process. The treatment can make the skin crusted. **DO NOT TRY TO SCRATCH THEM OFF.**

Scratching off any areas may result in hypopigmentation of the skin that may not be able to be reversed and could cause scarring.

Please refrain from scratching any areas that are healing. Remember to keep the areas moist with Aquaphor as directed



## Raw Skin

If you develop areas of raw skin post treatment keep the area moist with Bacitracin or Aquaphor.

You DO NOT need to apply band-aids but try to keep the areas moist and do not pick at the skin.

They will heal very rapidly on their own without problems.

If you have any questions or concerns, please do not hesitate to contact us directly so we can further assist you and advise you to be able to get the best possible results after your treatment.

***If you have any significant discomfort or concerns of infection, call our office IMMEDIATELY to allow us to provide care.***

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## Post Treatment Skincare



### Moisturize

Remember that peeling and /or flaking is normal during the healing process. Therefore, any products should be non-irritation and non-clogging, else you could develop breakouts.

During the healing period your moisturizer may be too occlusive, so please consider a light-based product, rather than a heavy cream-based product. Re-apply whenever your skin feels dry.



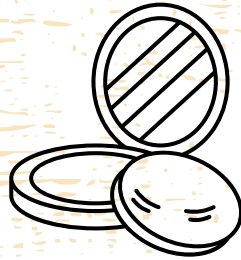
### Scrubs, Toners, Glycolic Acid. Retin-A

Your skin will be sensitive for the 2 weeks after treatment (possibly longer), so do not use products that will cause irritation at this time. Do NOT use abrasive scrubs, toners, or products that contain Glycolic Acids or Retin-A.



## Bleaching Creams

Discontinue use of your bleaching cream while your skin is tender. Restart your bleaching cream 4-6 weeks after your skin has fully healed.



## Make-up

We recommend that no make-up be applied to the affected area until the scabs are fully healed which can take between 3-5 days. It is recommended to use a new makeup brush or be sure to thoroughly clean your makeup brushes prior to use. Consider obtaining new makeup or gently wiping off the top layer of any powders to avoid exposure to bacteria that is often transferred between skin and makeup.

Resume your normal skin care regimen when your skin has fully healed.



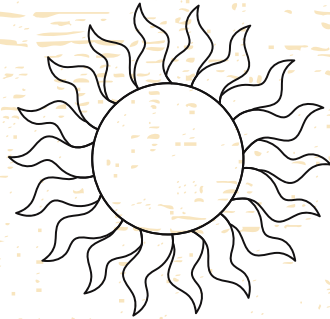
## Exercise

Avoid exercise (especially sweating onto the area) for at least 3-4 days. Heat, sweat and or steam can add to the inflammation that is present.



## Repeat Treatment Sessions

May be performed as the physician approves, usually 4-8 weeks after the initial treatment. This depends on the nature of the concern being treated.



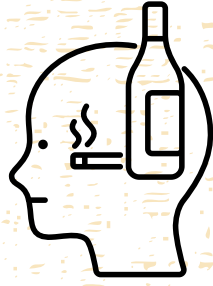
## Sun Exposure

Be sure to use an SPF of 30+ at least twice daily while the skin is pink and healing to avoid hyperpigmentation or other adverse events in healing.



## Shaving

Avoid shaving in the areas around treatment for 1 week after the procedure as this may cause irritation.



## Smoking & Alcohol

Avoid smoking and alcohol as they inhibit proper healing.



## Vitamin C & Collagen Supplements

May be taken before and or after the procedure.

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