



Pre-Treatment Information

Information about Plexr – Plasmalogy Treatment

This information has been prepared to help you decide about whether to have treatment with Plexr Plasma technology, its risks and benefits and expected outcomes.

What is Plexr?

Plexr is a very safe, minimally invasive, and effective type of treatment that utilises plasma technology. Plasma consists of ionised particles which are charged. Plexr uses plasma to modify the skin by sublimation (turning the surface into gas). This beam generates heat and causes sublimation (shrinking) of the outermost part of the epidermis (outer layer of the skin), without damage to the surrounding or deeper structures of the skin. In doing so, the tissue underneath is protected from heat and the surface of the skin contracts and heals to effect results. Healing is typically quick and scarfree, improving skin elasticity and resulting in smoothness. Plexr is a very precise treatment which gives good correction with minimal downtime. The results tend to be long lasting.

Plexr is still a relatively new treatment in Canada, however, it has been used in Europe for over 10 years. It is Health Canada approved for the following indications:

- UPPER / LOWER non-surgical Blepharoplasty (excess upper eyelid skin / baggy lower eyelids)
- Wrinkle reduction / skin laxity / saggy or folded skin (e.g., such as on the neck and sides of the face)
- Perioral (mouth/lip) lines / smoker's lines around the mouth
- Scar tissue including acne scar treatment
- Benign skin lesions (including seborrheic keratoses (age spots), fibromas, dermal naevi (skin-coloured moles), lentiges (sunspots) and sun-induced skin lesions, xanthelasma (cholesterol deposits around the eyes), keloid scars, hemangiomas (bright red birthmark), sebaceous hyperplasia (small bumps due to oil trapped under the skin, more common with age and appearance on the face) The treatment Local anaesthetic is applied to the treatment area.

Your Plexr specialist will treat with the Plexr pen causing retraction of the skin in the epidermis by creating combustion of the skin on the stratum corneum, (the top layer of the skin), without damaging surrounding tissue. This creates fine grey-brown scales, called "carbon dust", which disappear a few days after each session. The carbon dust scabs typically take 6-10 days to fall off, this must be on their own.

It is very important that you NOT apply any other makeup. For 2-3 weeks after this there will be redness, flaking and itching of the treated area. This can sometimes persist longer in some individuals. In the treatment of the eyelids (Blepharoplasty), you should expect major swelling which may last up to 3 days and mild swelling up to 3 weeks. The swelling is usually worse 24 to 36 hours after the procedure. The eye is a very delicate area, and different patients will react and swell differently - it is difficult to predetermine the extent of this. You may be very swollen after treatment, and in the case of eyelid treatment, the extent of the swelling can be significant for 3-4 days.

Multiple treatment sessions may be required. Anticipate about a 33% improvement with this non-surgical treatment. Treatments can be scheduled 6-8 weeks apart, and a maximum of three treatment sessions may be required to obtain the desired result. How should I prepare? Please advise your clinician of any medications/supplements you are taking, active skincare products.

You must tell us if you are taking antibiotics, blood thinners or Isotretinoin (Accutane). Please advise if you have any history of cold sores. You will not receive treatment if you have an active skin infection or open wound in the area for treatment.

If you are prone to pigmentation or have skin types IV-VI, you will need to prep your skin starting 3 weeks prior to the scheduled procedure. You must be prepared to take time off work.

After treatment, you will be swollen for several days. You will also have black/brown crusting on the treated area which will persist for up to two weeks after treatment. It will not look great, and we suggest you prepare for this by taking time off work and informing your friends/family that you are having treatment as you will not be able to "get away with it".

Please see the Post Treatment link for after your treatment for more information.