



# Plexr Plus Post-Care Info



## Procedure Day

- There may be some mild to moderate swelling to the treated area(s). Expect moderate/excessive swelling around the eyes.
- You may experience a “burning” or “stinging” sensation in the treated area(s) immediately after treatment and up to 24 hours after treatment. This is the normal sensation of heat exiting the skin.
- Continue the use of antihistamine for the next 3-4 days and Benadryl in the evening. Speeds the Healing.
- After treating areas of the face, sleep on your back with your head elevated to minimize swelling.
- It is unlikely you will ever get an infection from a Plexr treatment as the wound we cause are not open. However, the first 12 hours post-treatment is of vital importance in protecting you from any kind of potential infection. Please avoid any activities where you could expose yourself to contaminants, meaning going to the gym, public places where you can pick up germs by touching things then touching your skin.
- No high intensity exercise and excessive sweating for at least 4-5 days.
- Use of makeup to the treated area(s) during the first 10 days following your treatment **is highly discouraged** because the application or removal of makeup could prematurely disrupt the scabs before they are ready to fall off. **Wash and clean makeup brushes** and clean phone and glasses with an alcohol wipe around the frame.

## **\*DO NOT PICK AT THE TREATMENT AREA**

## TREATMENT POST-PROCEDURE

### Day 1 thru to day 3

- Day 1, 2 and Day 3 - NO Water or Steam to the treated area, Keep Dry and clean. Cleanse the other areas of your face, keeping the treated area **dry**.

**The Healing Process** – You will look your worst the next day as healing times vary depending on the individual but generally you can expect the following: Face 6-8 days (depending on the type of treatment).

- Make sure to wear a large hat and/or sunglasses if will be exposed to the sun.
- In some aggressive treatments, very slight oozing may occur.
- Swelling of the face and/or eyes is common, and typically begins to reduce by the third day after treatment.
- Sleeping with your head elevated can help decrease swelling.
- Almost everyone experiences itching, which can range from mild to intense.

**Medications** – If you are prone to cold sores have your doctor prescribe Valtrex (an anti-viral medication) which is used to prevent viral outbreaks on your skin and cold sores – if you have a history of them). Tylenol is recommended for pain or a prescription from your physician. No Ibuprofen, Aspirin, or blood thinning pain medications.

### **How to Clean the Area:**

**Day 5 onward** - Cleaning the Area - Splash water on the treated area. Using a diluted gentle gel cleanser dab on the treated area. Splash water to the area to remove the cleanser. The skin may feel tender to the touch, so be gentle and careful. Continue cleansing the treated area with a mild cleanser for up to 30 days. Do not exfoliate the area, be gentle when rubbing.

- It is important that the area **does not get to saturated** to soften the scabs. No humidity, steam, can be exposed to the area. It will soften the scabs and delay healing and a risk of PIH (Post Inflammatory Hyperpigmentation) If you are able, avoid washing your hair for several days and only have a quick bird bath to cleanse your body.

**IMPORTANT:** SPF 30-50 should be worn before going outside, even with 5 minutes of sun exposure, as **well as overcast days**. Indoor lighting (TV, Monitor, Tablets, Above lighting etc.) can cause risk of pigmentation on new healing skin.

**Day 5 – Skin Cover** – Use tinted **mineral based** sunscreen sparingly to the ocular bone area or any other area of the face/neck only once a day. **If Provided**, Apply a small amount of the skin cover on the treated area. One packet goes a long way, there is enough for a couple applications. **Do not saturate the area as it will soften the scabs**. Only lightly pat the product on to the treated area.

Around **Day 5 - 7** you may notice skin starting to peel off. **Do not pull, peel, or scrap the skin off**. Just let the skin naturally slough off in the cleansing process. the skin underneath will be pink and will return to its natural color in a few weeks and in some cases, it can take a couple of months for the healing of the new skin. In the shower make sure to cover your face from shampoos and body soaps. No steam or humidity for a lengthy time. **(No Baths)** for at least 3 weeks.

**Moisturizing: Day 7-8 - Recovery Balm or serums provided by the clinic.** After cleansing, apply a thin layer of recovery balm/serum to the treated area morning and evening after cleansing. If treated area is feeling tight and dry, you can apply during the day as well. For external use only. Avoid contact with eyes and mucous membranes.

#### Sunscreen:

- After the recovery balm/serum has penetrated, apply a small amount of the sunscreen on the treated area in the morning only, no need to use in the evening.
- Once the scabs come off, you absolutely **MUST** now begin to apply SPF 30-50 and reapply through out the day while your skin is in the healing stages (pink in color), and you should continue to do so for at least the next 12 weeks (and ideally longer to prevent premature aging and DNA damage to the new Treated areas). The area(s) treated have produced brand new skin and may burn and/or pigment without adequate protection from the sun. **Even while indoors** – if your home has sunlight coming in the windows and you can not block the light, apply SPF 30-50.
- SPF 30-50 should be worn before going outside, even with 5 minutes of sun exposure, **as well as overcast days**. Indoor lighting can cause risk of pigmentation on new healing skin.

## Re-Cap: In the Following Days/Weeks After Your Treatment:

- It is normal for the area that has been treated to feel tight and dry. Weeping in the treatment area is very normal and will settle, tiny crusts will quickly form on the treated area. These may be visible for up to about a week. The crusts/scabs will become darker before they fall off.
- **Do NOT pick crusts off** as this will delay the healing process and could cause scarring.
- If you need to wash your hair after treating areas on the face, we advise that you do NOT stand with your face under a hot shower or direct water from shower head for the first 7 days. This could increase swelling and will soften the scabs. Try to avoid shower gels or hair products running on to your face as this could cause irritation. If water does get on the area treated, blot very gently with a clean cloth or towel.
- Absolutely do NOT use any lotions or creams that are not provided for the next 2 weeks. We recommend the only products you use during the 2 weeks post treatment healing stage are the products provided or recommended for you.
- **Do NOT rub or use exfoliating products**. This could result in scarring and/or pigmentation.
- Stay away from heat & steam for the next 2 weeks while the skin may be pink and very sensitive.
- If you have had treatment around your eyes, you should avoid wearing contact lenses for 72 hours after your treatment.
- **Swelling may last up to 3 weeks** and may be more severe in certain delicate areas such as the **eyelids/under eyes**. In fair-skinned and/or individuals with sensitive skin, redness may persist longer. In either case, ask your provider how to accelerate the restoration of normal color, which will return to baseline after about 4 months if proper aftercare is followed.
- When the crusts have fallen off then your skin may be pink as it is fresh, new, and rejuvenated baby skin. This pinkness will fade over time in as little as 2 weeks up to a few months. **In rare cases it may take up to 6 months**.
- You absolutely must NOT use saunas or sunbeds during your 12-week healing period and ideally for longer.
- All other facial treatments on the same area should be avoided while your skin is healing (4-6 weeks).
- Use of topical Retin A products should be avoided for 4 weeks.

**Other Important Aftercare Recommendations:**

- Avoid smoking and alcohol.
- Taking Vitamin C supplements over the course of your healing process can give your immune system a big boost and may expedite healing.
- Any additional treatments that may be required must only be performed once the skin is completely healed and has returned to its normal color.
- It can take 8 to 12 weeks for the full effects of your treatment to be seen.
- Multiple treatment sessions may be required for desired results, and your practitioner will inform you of this. Treatments will be scheduled a minimum of 4-8 weeks apart. (depending on the area)

**Warning:** If excessive swelling or signs of infection occur, please contact the office immediately. **(Moderate swelling immediately post treatment and several days after is normal).**

Signs of infection include:

- Drainage that looks like pus (green discharge)
- Increased warmth and/or redness around the treatment area and is spreading.
- Significant tenderness or pain around the treatment area
- Fever – Temperature of 100.5F or greater

**Follow-up** – Your follow-up appointments will be scheduled for 30 days post-procedure. If you feel that you are having an unusual problem with the treatment, please contact the office. Do not use exfoliating products on the skin for 4 weeks.

*Please Take a **photo 24 hours post treatment** and continue daily for the healing cycle. Choose a time and set a timer to take the photo and try to take in the same room with the same lighting and text to the clinic number **905 929 3134**.*