

GUIDELINES FOR J PLASMA RESURFACING

PRE-PROCEDURE

1. Make sure you avoid any sun exposure for at least 4 weeks prior to your J Plasma procedure. Treatment of skin that is tanned can increase risk of blistering and/or permanent skin damage.
2. Avoid self-tanning lotions in the month prior to treatment.
3. Stop use of Retin-A, Renova or equivalent skin peeling agents (retinols) one week prior to the procedure.
4. You should begin using a prescription topical bleaching cream (hydroquinone) for 10-14 days prior to your procedure. This will help reduce chances of abnormal pigmentation after the peel. Our office may supply you with this. If you don't get this from our office, you will need a prescription called in to your local pharmacy.
5. Starting 2-3 days before your procedure, you should begin taking a prescribed oral antiviral medication.
6. Avoid all medications listed on our current 'Restricted Medications' list for at least 14 days prior to your surgery. If you misplace the one provided to you, the list is always on our website for you to download and reference. Tylenol is acceptable to take if you are having any pain symptoms leading up to surgery. If you have any questions regarding medication use, please contact our office.
7. Dr. Hilinski typically provides you with a prescription for postoperative medication (narcotic pain reliever) prior to your surgical date. If a prescription was not provided, contact our office to have one sent to your local pharmacy. This medication should be picked up **before** your scheduled date so that you have it immediately available after leaving the center.
8. You must arrange for proper and timely transportation to and from the surgery center. Typically you will need to arrive one (1) hour prior to your scheduled surgery time, but confirm this time with the staff. Your ride home must be with a responsible adult. You cannot take a cab, Uber, Lyft, or equivalent.
9. Be prepared to have a responsible adult remain with you for at least the first 24 hours after surgery to assist with your needs. If you don't have a trusted individual to stay with you, we can assist with hiring a professional caretaker in advance. But, this will be at your expense.
10. Do not apply any make-up, face creams, or moisturizers on the day of surgery. You should dress in comfortable, loose-fitting clothing – preferably a button-down shirt. Please do not bring any unnecessary valuables with you to the office.
11. Nail polish must be removed to allow for proper monitoring of your oxygen levels. Acrylic nails must be removed from at least 2 fingers (1 on each hand) to allow for proper oxygen monitoring.
12. You should remove ALL piercings from your body.
13. You must avoid eating and drinking (including water) after midnight the night before your scheduled surgery date.

AFTER CARE

1. If a mask was placed on your face, you may remove it in 24 hours. Do not attempt to clean your skin when the mask is in place.
2. Your skin will look red and inflamed, which is normal.
3. Intense burning and warmth are normal sensations. The more intense discomfort and redness generally last 12-24 hours after the procedure.
4. Some patients will note facial swelling, particularly around the eyes, for several days following the treatment. This is normal and usually starts to dissipate within 3-5 days.

5. Tylenol can be taken as directed for pain. Narcotic medication may be taken if over-the-counter medication is not sufficient.
6. Finish the antiviral medication that was prescribed.
7. Taking proper care of the skin is very important and should be done in the following manner:

Day 1

- Apply ice cold compresses with a clean, damp, soft cloth for 10-20 minutes at a time to help relieve the temporary discomfort and swelling.
- Apply a topical balm (usually provided to you as part of your skin care package) 2-3 times that first day to keep the skin moisturized. The skin should NOT be allowed to dry out.

Day 2-7

- Continue with the ice cold compresses.
- Starting on day 2, you can begin cleaning the skin surface. Cleaning should be done 4-6 times per day. The purpose of this is to remove the weeping, yellowish/brown, wet discharge that will want to accumulate. You want to avoid formation of any crusting and/or scabbing. But you must do this without be so aggressive that the skin bleeds.
- Keep in mind that certain areas may heal faster than others. For example, the eyelids can sometimes take longer to heal than other areas.
- The skin should be gently cleaned with the pads of your finger, soft gauze or a washcloth along with the cleansing agent (also provided in your skin care package). The gauze or washcloth can be saturated in clean water to help with the cleaning. Pat dry the skin.
- Vinegar soaks can help to further promote healing. A teaspoon of white vinegar is placed into a cereal bowl containing cold water. A gauze or washcloth is then saturated with this vinegar solution. The gauze or washcloth is placed on the skin and left there for 5-10 minutes. It is then gently removed. Pat dry the skin.
- At this point, the moisturizing balm is reapplied.

Day 8-10

- By day 8, the skin surface should be much less raw and the weeping discharge will have slowed significantly or stopped in most areas. If certain areas are still raw, you should continue cleaning them as you did the first week. In areas where the rawness has subsided, you can stop the cleaning regimen and begin using only a topical moisturizing cream.
8. Your skin will feel tight and may be itchy. Peeling or flaking may be seen by the 2nd or 3rd day following your treatment. **NO MATTER HOW TEMPTING, DO NOT PICK OR SCRUB YOUR SKIN.** Let the peeling and flaking occur naturally over the course of 7-10 days.
 9. Keeping your head above your heart level will help reduce swelling.
 10. Exercise, saunas, and hot tubs should be avoided for 14 days or until cleared by Dr. Hilinski.
 11. Continue to avoid use of Retin-A, retinols, and any acid peels for 2-3 weeks.
 12. Avoid application of makeup until cleared by Dr. Hilinski. Caution should be used when applying and removing makeup. The skin may be delicate and should be treated with care.
 13. Avoid contact with persons who have any contagious skin disease.
 14. **SUN EXPOSURE IS TO BE AVOIDED FOR AT LEAST 8 WEEKS AFTER TREATMENT.** A total sunblock containing zinc oxide or titanium dioxide should be applied daily if you are in the sun. Sun exposure may cause certain complications, such as permanent skin discoloration.
 15. Persistent redness can be seen for weeks to months in some patients. A green-based makeup will help to

hide this redness.

QUESTIONS?

Call our offices immediately at (619) 296-3223 if you have any questions or concerns.