

GUIDELINES FOR PLASMA PEN

PRE-PROCEDURE

1. If you have any history of hypertrophic scarring and/or keloid scarring and/or hyperpigmentation of the skin, you should NOT proceed with treatment.
2. Make sure you avoid any sun exposure for at least 4 weeks prior to your treatment. Treatment of skin that is tanned can increase risk of blistering and/or permanent skin damage.
3. Avoid self-tanning lotions in the month prior to treatment.
4. Stop use of Retin-A, Renova or equivalent skin peeling agents (retinols) one week prior to the procedure.
5. Starting 2-3 days before your procedure, you should begin taking a prescribed oral antiviral medication if you have a history of herpes (cold sores). If you need a prescription, make sure to have the office call one in to your local pharmacy in advance.
6. Stop taking any of the following medications 10 days prior to your procedure: Advil, Motrin, Ibuprofen, Aleve, Celebrex, and Naprosyn.
7. Do not apply any makeup on the day of your procedure.
8. You *can* take Tylenol (1000 milligrams) about 30 minutes prior to arrival in the office.

AFTER CARE

1. A 'stinging' sensation may be felt for the first few hours after treatment.
2. Your skin will look inflamed over the first several days, which is normal.
3. Some patients will note swelling, particularly around the eyes, for several days following the treatment. This is normal and usually resolves within 3-5 days.
4. Cold compresses with a clean, soft cloth for 10-20 minutes at a time may help. Do NOT apply cold compresses directly to the treated area(s) as this will disrupt proper wound healing and lead to complications.
5. Tylenol and/or Motrin (or equivalent) can be taken as directed for pain. Narcotic medication is not required.
6. Finish the antiviral medication if it was prescribed.
7. Taking proper care of the skin is very important.
8. You can shower and get the treated areas wet 48 hours after treatment, but do NOT scrub or rub the areas. Baby shampoo is the best choice for lathering and cleaning the treatment areas.
9. Avoid shaving of all treated areas for 4-5 days after treatment.
10. Avoid picking and/or rubbing the treated areas no matter how tempting. Let the peeling and flaking (disappearance of the brown/black dots) occur naturally over the course of 5-10 days. As the dots fall off, the underlying skin will appear pink in color, which is normal.
11. If recommended to you, begin applying the silver colloid gel at morning and at night. A thin layer should suffice during each application. If the staff do not specifically mention this, you can simply leave the treatment area alone.
12. Keeping your head above your heart level will help reduce swelling.
13. Exercise, saunas, and hot tubs should be avoided for 14 days or until cleared by Dr. Hilinski.
14. Do NOT smoke after treatment as this will lead to complications.
15. Continue to avoid use of Retin-A, retinols, and any acid peels for 2-3 weeks.
16. Avoid application of makeup until cleared by Dr. Hilinski. Caution should be used when applying and

removing makeup. The treated skin may be delicate and should be treated with care.

17. Avoid contact with persons who have any contagious skin disease.
18. 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.
19. 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.