



## FIBROBLAST POST CARE

YOUR GUIDE FOR AT HOME CARE

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### *IMMEDIATELY FOLLOWING YOUR APPOINTMENT...*

- Burning sensation will subside within a few hours after the treatment
- Swelling around the eyes is expected, sleeping on two pillows will help reduce the swelling Antihistamine can reduce swelling and itching
- Inflammation is a normal response to wound healing, and will typically last 2-3 days. Cold packs and anti-inflammatories can be used only if necessary. Tylenol is the preferred option to ease discomfort. Please avoid Ibuprofen.
- Burns can occasionally weep with healing for 2-3 days which is also normal. Dab the area with a wash cloth or paper towel to keep it clean and prevent accumulation of the fluid
- Do not rub or scrub the carbon crusts. Allow them to come off on their own
- After the dots come off a slight redness/pink color may remain in the treated area for 2-4 weeks. Makeup can be applied once the dots are gone
- Keep treated area clean and do not use alcohol based cleansers
- Cleanse with lukewarm water and mild soap and pat dry with washcloth
- Sunscreen should be applied after the first 48 hrs whenever you are exposed to sunlight
- Do not cover the treated areas with bandages
- If the area becomes too hot, or shows signs of infection including pus, you must consult a doctor





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### Hydrating Mist

*Hydrating mist replenishes the skin's moisture barrier, preventing dryness and discomfort, while its cooling and soothing the skin.*

- Lightly spray it for the first 24hrs after Plasma Fibroblast treatment 3-4 times a day
- Spray on cotton pad and tap over treated area - DO NOT scrub the treated area
- Can be used throughout the entire healing process

*Healing Ointment protects the skin to enhance the natural healing process and help prevent external irritants*

- Apply the ointment 24hrs after the treatment
- Apply a thin layer two times a day, for 3 days then once a day until the dots come off
- Ointment can be applied after the dots come off to calm the skin if redness/pink discoloration occurs

### Aquaphor



### Zinc Oxide- SPF 50

*This gentle formula delivers superior broad spectrum protection against burning UVB and aging UVA rays.*

- Apply a thin layer on top of Aquaphor once or twice a day
- It's recommend to use during the healing process and for at least 3 moths after treatment to help avoid hyperpigmentation





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*Use only the hydrating spray for the first 24 hrs. The hydrating spray can be used immediately after the treatment 3 times a day, and through the healing process. Please only use the products sent home with you.*



- No rubbing or scrubbing any carbon crusts
- Avoid sun exposure until carbon crusts are no longer present
- Do not let water in the shower hit directly on treated area
- No pools or excess sweating until carbon crusts are no longer present
- No direct sun exposure without sunscreen for 12 weeks to protect new skin
- No tanning beds or saunas for 12 weeks after the treatment
- Discontinue use of all actives or exfoliating products such as glycolic or salicylic acid until 6 weeks after all carbon crusts have fallen off



- An antihistamine can be taken once a day for 3-4 days to help decrease inflammation & itching (Zyrtec in the day, Benadryl at night)
- While inflammation is normal, cold packs can be applied a couple times a day on the areas treated to reduce swelling if relief is needed
- Sleep with head slightly elevated to decrease swelling in eyes (if treated)
- To clean the treated area dab with a wet wash cloth and a mild soap
- Areas that are treated will be sensitive for 3-4 weeks. This is normal and will continue to improve week by week
- After all the dots come off it is important to moisturize the skin as it will be dry for 2-3 weeks following the treatment

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*Individual healing times may vary, so it's essential to be patient and allow your body to go through the natural healing process. If you have any concerns or notice signs of infection, please contact myself or a healthcare professional promptly.*



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