

# VAN LENNEP KLINIEK



By Cosmetique Totale

## Before and aftercare Cryopen, Plasmage or micro-coagulation

### Before the treatment

The following is important for the treatment result to be optimal.

- Skin should not be tanned by the sun, tanning bed or self-tanner. The result can be negatively influenced by activation of your pigment cells (melanocytes). If the skin does have some color, it is better to postpone the treatment for at least a month. If you arrive at your appointment and you are too tanned, we will have to postpone it.
- Inform us with every treatment about your current product use, for example the use of self-tanner. These have a stimulating effect on your own pigment cells, and this may cause pigment spots to return and negatively affect the results of the treatment.
- If you have had a treatment with another specialist elsewhere in the past 4 weeks, or 4 weeks after the last treatment, please inform us about this. During our treatments, we advise you not to combine these with other treatments. During your consultation, a tailor-made treatment plan will be provided.
- Please do not wax 1 week prior to the treatment until 4 weeks after. Use of retinol and acids is discouraged 3 days prior to treatment. Use of tretinoin (vitamin A acid) is not recommended 3-7 days prior to treatment.
- Please inform us every appointment if you are using new or different medication. Or if you are trying to get pregnant.
- Inform us in case of susceptibility to a cold sore (herpes infection) or other skin conditions. Even if it has just appeared after treatment. Sometimes we prescribe oral antiviral medication preventively in consultation. If you have an active cold sore at the time of treatment, it needs to be postponed or another treatment zone may be treated. Always contact us beforehand.
- Please come to your appointment without any make-up.
- In case of plasmage treatment, we ask you to come 30 minutes earlier. Numbing cream will then be applied on the to be treated area.



## After the treatment

- **Cryopen**
  - After treatment, the skin may turn slightly darker or red. It resembles the feeling of "thawing" with possibly a slight tingling effect. This is a normal occurrence and usually disappears within a few hours.
  - In rare cases, the skin may flake a bit, hyper- or hypopigmentation may occur (dark and/or light spots), or small blistering may occur. This usually disappears three to seven days after treatment.
  - Protect the treated skin from the sun for one week after the Cryopen treatment. Use UV-protection with at least SPF 30.
- **Micro-coagulation**
  - After treatment, a white or grayish discoloration is visible, due to the clotting of proteins in the skin. Subsequently, the skin may turn darker or redder.
  - A small crust usually forms on the treated area, which will fall off on its own within 1-2 weeks.
  - It is important not to scratch the crusts. These should fall off on their own after the area has healed.
- **Plasmage**
  - The treated skin may show some redness and swelling.
  - You may experience a burning sensation, similar to a sunburn. This disappears after a few hours.
  - After treatment, small scabs are visible, which will fall off on their own after 5-7 days.
- **For all treatments applies:**
  - While the skin is recovering, avoid using acids, retinol, tretinoin and scrubs.
  - After 24 hours, makeup may be applied, but preferably as little as possible as long as there are visible scabs. We advise using mineral makeup to promote the healing process.
  - Until 24 hours after treatment, avoid: direct hot water on the treated skin, sauna, steaming, swimming and bathing.
  - Throughout the treatment period, avoid sunlight and the use of tannings beds and use sun protection with at least SPF 30.

## In case of an emergency

If you have any questions about the treatment or about a certain reaction after your treatment, please contact us.

You can easily contact us by phone or e-mail, Monday through Saturday during openings hours. Our exact opening hours can be found on our website.



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