

POST-CARE

DRY HEALING PROTOCOL

Dry healing is the standard post-care method for Plasma treatment. The principle is simple: no interference. No products, no moisture, no direct contact with the treatment area until the carbon dots have fully shed. This is the most effective path to optimal healing and the best results.

*The only exception is the hypochlorous acid spray included in your post-care kit. Use it as directed.

UNTIL CARBON DOTS FALL OFF (5-14 DAYS)

- Do not pick, scratch, or disturb the carbon dots under any circumstances. Premature removal disrupts healing and increases the risk of scarring.
- No products or moisture of any kind on the treatment area. This includes skincare, makeup, and water.
- Do not shower for the first 24 hours. After 24 hours, showering is permitted – minimize exposure to the treatment area and do not wash or touch it directly. If the treatment is on the face, bathing is the better option. Allow the area to air dry if it becomes wet.
- Anything that contacts the treatment area must be clean. Minimize friction and contact as much as possible.
- Protect the treatment area completely from sun exposure.
- Expect swelling, tightness, and sensitivity similar to a sunburn for the first 12–48 hours. Eye area swelling is expected and normal if that area was treated. An anti-inflammatory such as ibuprofen or an antihistamine may be taken if needed for comfort. Contact me immediately at any sign of infection – including weeping, excessive redness, increasing pain, or fever.
- Plan for a few days of social downtime, particularly for facial treatments. Solutions are available if this is a major concern.

AFTER CARBON DOTS FALL OFF

- Cleanse with the provided mild cleanser and begin applying the aftercare serums as directed. Continue until the product is complete. Long-term use of these serums is encouraged for facial treatments.
- Regular makeup application may resume.

**see concurrent post-care*

Please review What to Expect and FAQ pages to know what to expect and plan for..
All products are recommended to maximize your experience but are not required to see great results.
Individual results vary. No outcomes can be guaranteed.

*Product links and resources at www.skinstrategy.com
Questions or concerns: alison@skinstrategy.com 855.254.7665

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CONCURRENT

IMMEDIATELY FOLLOWING TREATMENT

DISCONTINUE:

- All Retinol, Retin-A, Tretinoin, alpha-hydroxy acids, and Vitamin A products
- Any other skin treatment including laser
- Tanning
- Blood thinners with physician approval
- Alcohol-based cleansers
- Exercise or any activity that causes sweating
- Water submersion

BEGIN or CONTINUE:

- Arnica supplement to support healing
- Cold sore medication if applicable
- High quality collagen and vitamin C supplements
- Drinking plenty of water
- SPF 30-50 on the treatment area if exposed to sunlight
- Red light exposure when possible

AFTER 3 DAYS

- Discontinue cold sore medication if applicable.
- Resume blood thinners.

AFTER 1 WEEK

- Discontinue Arnica.
- Resume regular water exposure to the treatment area.

AFTER 2 WEEKS

- Skin-altering treatments and products may be used with caution.

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