

WHAT TO TELL THE PATIENT ABOUT AFTERCARE

- **WAIT until all the scabs have fallen off.** Clients can resume their activities immediately after each session but may not look their complete best during the healing process (which lasts 7-14 days in normal circumstances).
- **The area treated MUST NOT be covered** with any type of make-up, mascara, creams or other product (outside of what we recommend) until the area has fully healed. Wash gently with mild/gentle **facial cleanser** twice a day. Any other treatment or wearing make-up could result in unnecessary infections and undesired effects.
- **The treatment can be moderately uncomfortable** for the patient depending on the area being treated. Topical numbing products should be used (in line with regulations) for ease of treatment and comfort - especially during eyelid procedures.
- **Swelling for two to seven days** after the cosmetic treatment is normal and to be expected. Make the client aware of this at consultation stage.

WHAT TO EXPECT

- Inflammation is a not only a bi-product of the trauma caused by the treatment but is necessary in the production of collagen and elastin. Do NOTHING to discourage it and be sure to properly prepare your patient for the amount of swelling and longevity, 2-7 days is average. It is very aggressive in the soft tissue areas such as the eyes. They will definitely have to take time off from work as vision will be limited for a couple of days while swollen. That may not be necessary on other areas treated.
- Heat will be felt, similar to a moderate to aggressive sunburn. This is a normal occurrence in healing and let them know that is normal. Usually subsides within 24 hours.
- Tightness of the tissue will be felt during the inflammation period and as the collagen is formed. Most will enjoy this feeling as they are happy to feel the results at work.
- Erythema, or the pinkness to the skin, will be present immediately following the treatment and usually subsides with the heat.
- Scabs are formed at the time of treatments and will be visible. For some, that may be the reason they feel the need to take more time off from their social or lifestyle activities. This is what we refer to as "Social Down Time". There is no medical reason they can't return to work but they feel self-conscious while others will "Rock the Dots" as a badge of pride. The scabs usually fall off anywhere from days 3-7.

POSSIBLE REASONS FOR COMPLICATIONS

- Contraindications not established and/or observed
- Insufficient or poor consultation with client
- Lack of setting proper expectations with client
- Incorrect blasts in length and shape, poor technique
- Failure to comply with the management plan
- Deferred aftercare and/or aftercare with other products
- Future treatments performed too soon
- Not using an Official Plasma Concepts device

POSSIBLE/ RARE ADVERSE REACTIONS

- **Hyperpigmentation/PIH** Can occur due to trauma to the skin. Most likely to occur in clients with Fitzpatrick 3-6 or anyone who has had UV/sun exposure or has applied tanning creams/solutions to the treated area 4-6 weeks pre or post treatment.
- **Pink Atrophic spots** (where the dots/spots were applied by our Plasma device) can last up to 6 months after treatment although this is incredibly rare and rarer still from low to medium intensity treatments. It is not completely clear, but one of the main causes is the premature loss of the scab usually caused by the use of make-up, other inappropriate products and/or poor personal aftercare during the short-term healing process. May take up to 6 months to clear but there have been no reported cases of it being permanent.
- **Prevention** Remind your clients to leave the dots/scabs alone and don't do anything to cause premature loss of scabs. Pat the skin dry, never rub or scratch at the area treated. Do not apply any products during the initial 5-7day healing phase (or until the scabs have fallen off naturally) except for the Factor Five Serum. Less likely to happen when all post care instructions are followed. Use **SPF40 sun protection on a daily basis prior to treatment and also once the skin has healed and all dots have fallen off.** Post treatment clients should use it for at least 12 to 20 weeks and ideally indefinitely as part of their **aftercare** program. Also recommended is the Love Beauty HQ Lighten Cream.

PHOTOGRAPHS

- Without photographs you have no evidence that the treatment has been effective
- Without photographs you are not covered by your insurance company
- Photographs are the best way to market your work **ALWAYS:**
- try to photograph in the same light with the same background
- photograph full face and close up
- try to avoid photographs that look **too** identical, some unscrupulous techs use 'Photoshop'!
- ask for written permission to use photographs and be discrete

CLIENT FORMS

As with photos, the paper work that is completed with each procedure must be done correctly and thoroughly. You will often refer to these forms. Ensure clients are fit and well enough to have a procedure by checking their medical history each time. Not only will this make your job as a technician easier but it will ensure you are fully covered by your insurance.

When filling out these forms make sure:

- You have every 'signature box' signed by yourself and your client. This is crucial for insurance purposes and ensures you are covered. Your portfolio will not be deemed complete unless these boxes are signed and returned
- Lot and expiration date of all probes must be filled out for each procedure
- One treatment plan per treatment per client
- All forms are present; patch test (if applicable), model release, consent and medical history and treatment plan all attached
- Relevant pictures stapled to each treatment plan
- Make sure your portfolio is well presented and organized

TIP: In terms of informed consent: all 'case studies' must be made aware you are still training and they must sign a model release form to that effect

INSURANCE

It is possible that your existing professional or malpractice insurance does not cover Plasma Fibroblasting. You **MUST** check with your provider and if necessary obtain specific insurance to be covered.

It is your own responsibility to gain relevant insurance once you have completed this training. You must never treat anyone without being insured. Although this is your own liability; we reserve the right to withdraw Plasma Certification and/or the sale of consumables from any technician found to be willfully ignoring their professional training by performing uninsured treatments.