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**Plasma Perfect Lift Aftercare**

Side effects from the Plasma Perfect Lift typically last 1-2 weeks. The more intensive the degree of laxity to begin with, the more intensive the side effects will be and the longer the side effects typically last.

It is possible to have some flakiness and dry areas of skin during healing, this is normal and not an indication of a problem. Occasionally you may experience small blisters

If treatment is around the eyes it is highly likely the eyes will swell during healing, peaking around day three following treatment, swelling is from mild to extreme, related to the intensity of the treatment received/required. In extreme cases it has been known for eyes to swell during peak, to a complete close. To reduce this it is imperative the advice is followed below.

Scabbing is also likely, the carbon crustations may turn to scabs in the days following treatment, DO NOT pick at these scabs or scrub them away, as this will hinder treatment and potentially encourage scarring and infection.

You may experience some tenderness during healing, with possible bruising.

The results are seen gradually over the following weeks although improvements are seen immediately after treatment. Fully results may take up to six months to be fully evident. Should you require a second treatment you are recommended to wait a minimum of three months between treatments of the same area.

Aftercare

* The area should be kept clean at all times, avoid unnecessary touching until the flakiness or scabbing has resolved.
* Use the gentle wash provided both morning and night. With warm water, lather the wash and with fingertips, move in small circular actions around the area. The wash can be used for the whole face if this provides a simpler routine for you. Pat the area dry after use, do not rub. Use the wash twice daily for two weeks or until fully healed. The wash is PH balanced and should not cause any irritation. Should you experience and allergic effects stop using the wash immediately.
* Avoid very hot water, excessive sweating and saunas for five days following treatment or until the area has healed fully.
* Apply the Salvon Advanced Healing Cream to the treatment area each night in a thick layer after washing, use a thin layer after washing in the morning. The healing cream is different to normal Savlon, as well as the benefits of Savlon (anti-bacterial and soothing) this cream will help reduce pain, reduce the chance of scarring and provide the ideal healing environment, allowing the skin to absorb water from the cream when dry and pass fluid into the cream from the skin when needed – such as during swelling and blisters. Use the cream daily for two weeks or until the area has fully healed. If you notice any sensitivity to the product stop using immediately. Be careful not to get product into the eyes, should this occur rinse with clean cool water and follow manufactures advice.
* DO NOT PICK AT THE FLAKY SKIN, SCABS OR BLISTERS this is the most common cause of infection in any plasma treatment, bacteria on your fingers can easily get into the wound while picking at scabs, infections can lead to scars!
* It is recommended you have someone to drive you home from the treatment and also to help care for you the first four days as the swelling may get extreme for some, making daily tasks more difficult, swelling typically peaks day three.
* Hot and cold flannels or eye masks may be used alternatively every twenty minutes to help reduce swelling and discomfort. DO NOT USE ICE as this may stick to the skin and tear upon removal.
* Gel eye masks are available to purchase from Body TLC for £3. These can be used hot or cold to soothe the eyes post treatment. Rest up and relax with the gel mask for 10 to 20 minutes at a time. Place carefully on closed eyes.

**Should you have any concerns please call the clinic on 01522 394618 and ask to speak to your therapist.**