



## **PRE AND POST CARE INSTRUCTIONS NEOGEN PLASMA**

### **Pre Treatment**

- Avoid excessive sun exposure or tanning for at least two weeks prior to treatment.
- 1 month prior to treatment use a Sun Protection Factor (SPF) 30+ zinc oxide or titanium dioxide based sunblock daily until the day of your treatment.
- Stop using exfoliates such as scrubs, Retinols, Retin-A®, and AHA/BHA products 1 week prior to treatment.
- During treatment you will hear a snapping/clapping sound each time a plasma pulse is produced.
- You may experience a sensation of warmth (like mild sunburn)
- There may be the smell of burning hair as some of the light, velus hair, might get singed.

### **Post Treatment**

- Keep recommended product on your skin at all times until peeling is finished.
- Protect your skin from sun exposure.
- Always wash your hands before applying recommend product.
- Try to sleep on your back following treatment of the face.
- The recommended product may be removed by using warm water, DO NOT RUB.
- Following cleansing, use a vinegar solution every 2-4 hours for 1 week to ease any discomfort: Mix a solution of 1 teaspoon of white vinegar to 1 cup of cold water and gently dab on the treated area using a clean washcloth or gauze. Rinse well and apply new recommended product immediately.
- Call us immediately if you have continued pain, blistering, oozing or concerns.
- The darkened pink, red, or bronzed skin will peel and flake off. DO NOT PICK!
- After the peeling and flaking have stopped, stop using the recommended product and use an SPF 30 or higher.
- Treat the new skin gently.
- It will generally be 2 to 10 days after treatment before you can apply make-up or shave.

**Please contact your provider immediately if you notice any blistering, rash, crusting, pus, tenderness or any other changes that may concern you.**

**We want you to be completely happy with your visit to Eterna!  
Call the office with any questions or concerns 253.268.3400 or after hours 253.249.6979.  
If you are pleased with the service you received today, we invite you to post a review on  
Yelp or Google.**