



## **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**

- If you have an aggressive treatment:
  - Apply Stratamed or Aquafor twice a day until peeling is finished.
  - Always wash your hands before applying Stratamed or Aquafor.
  - Do NOT remove the Stratamed or Aquafor before applying again.
  - 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 Stratamed or Aquafor immediately.
  - After the peeling and flaking have stopped, stop using the Stratamed or Aquafor and use an SPF 30 or higher.
- Protect your skin from sun exposure.
- Try to sleep on your back following treatment of the face.
- You may have swelling, especially around the eyes 1-2 days after treatment.
- 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!
- You may have pinpoint bleeding after the skin flakes off.
- Treat the new skin gently.
- You can resume your skin care routine, apply make-up or shave after all of the wounds are healed.

**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 253.466.5011.**  
**If you are pleased with the service you received today, we invite you to post a review on**  
**Yelp or Google.**