

SUBNOVII PLASMA PEN

PRE AND POST CARE



PRE-TREATMENT CARE:

- When booking your Subnovii Plasma Pen ("Plasma Pen") appointment, please keep in mind the possibility of redness, swelling, scabbing, flaking, and peeling after the treatment. These normal side effects usually begin to appear immediately after treatment and can take up to 2 weeks to resolve.
- Avoid direct sun and all forms of tanning (including self-tanner or spray tans) on the treatment area for 4 weeks before and after treatment. This is very important. Please make sure to plan accordingly.
- Discontinue Retin-A, Glycolics, Alpha or Beta Hydroxy Acids, and exfoliants for one week prior to each treatment. Discontinue Accutane (and any isotretinoin products) for 12 months prior.
- If your face will be treated and you have a history of facial cold sores, please notify us in advance so that we may provide you with a prescription for antiviral medication to start before your treatment. The Plasma Pen treatment cannot be performed on your face if you have an active cold sore.
- To minimize the chance of post-inflammatory hyperpigmentation (darkening of the skin post treatment) and to promote optimal results, the following skin care products should be used on the area to be treated as instructed for at least 2-4 weeks prior to treatment:
 - Enchanted Brightening pads with HQ
 - Enchanted Essential sunblock
- It is important that you are in good health at the time of your treatment to ensure your body has a healthy healing response after the treatment. Healthy healing is important for your safety (i.e. to minimize infection) and to ensure good results.
- It is important to wait at least 4 weeks after a Plasma Pen treatment and until any redness, swelling, scabbing and/or peeling have completely resolved before getting other treatments on the same area. When getting a Plasma Pen treatment after other treatments, it is important that the area to be treated is not swollen, irritated, peeling, or bruised at the time of the Plasma Pen treatment.
- Anticipate it taking 3-6 months to see final results from your Plasma Pen treatment and that sometimes additional treatments are required to achieve desired results.

TREATMENT DAY

- 1. Please arrive 45 minutes early for numbing
- 2. Please come to your appointment with clean skin – remove all makeup, creams and lotions.
- 3. Please dress comfortably

*****This procedure requires numbing, you will need to arrive 1 hour prior to your appointment time to numb, if you fail to do so the appointment will need to be rescheduled**

If you have any questions before or after your appointment, you can call or text us at (386) 317-1449.

Thank you for choosing ENCHANTED!

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POST-TREATMENT CARE:

- If antiviral medication was prescribed for you, please make sure to continue to take as directed.
- Acetaminophen/Tylenol may be taken if needed for relief of any discomfort, however, NSAIDS and anti-inflammatories should be avoided for 1-week post treatment to ensure optimal healing and results. This includes Motrin, Advil, Ibuprofen, Aleve, Fish Oil, CoQ10, Turmeric, and many others. Make sure to consult with your physician prior to discontinuing any medication. Even if you are unable to discontinue these medications/supplements, the treatment will still be safe and effective.
- Do not apply ice or any type of cooling to the area post treatment.
- The products below should be used after your treatment:

Days1-3

- Subnovii Recovery Cream
- Subnovii Recovery Powder

Days4+

- Repair Lipid Replenishing Cream
- Recover post laser and peel cream
- Essential Sunblock
- Avoid using exfoliants, retinols, alpha or beta hydroxy acids, or topical vitamin C products for at least 1 week after treatment. Do not use any mechanical cleaning devices (i.e. Clarisonic), facial scrubs or washcloths on the treated area – only wash the areas with your hands – for at least 1 week.
- Avoid direct sun on the treatment area for 4 weeks post treatment and wear minimum 50 SPF on the treatment area plus a large brimmed hat whenever going outside for at least 3 months. This is very important to ensure proper healing and to minimize chances of scarring.
- For 2 weeks, avoid exposing the treated skin to hot water, steam/steam rooms, chlorinated pools, the ocean, hot tubs, saunas, and any activities that produce excessive perspiration.
- Do not apply makeup to the treated area and keep it as clean as possible until any scabs and peeling have resolved. Do not allow anything unclean to come in contact with the treated skin - this includes touching the skin with unclean hands. Tinted sunblock may safely be used during this time.
- Scabbing, peeling, and flaking after the treatment are normal. Allow the scabs and skin to flake off naturally and do not rub, pick, or peel the scabs/skin off as the skin heals. This may result in scarring and infection.

Please schedule a follow-up appointment for 4 months after your treatment to assess results and determine whether another treatment will be needed.

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