



Subnovii Plasma Pen Aftercare Instructions

To reduce the risk of unwanted side effects, it is imperative that these aftercare instructions are followed implicitly.

1. Optimal results are only achieved by maintaining an undisturbed and DRY environment.
2. DO NOT over cool. Cooling stops the tightening effect and could damage the tissue.
3. Immediately after the treatment the skin was treated with aftercare cream and downtime reducing powder. Aftercare cream must be used for several days to ensure optimal healing and results. Do NOT use other cream unless specifically instructed by your provider.
4. Each morning and evening, while scabs are present, apply a very THIN layer of the aftercare cream. Pat the cream on with clean fingers and do NOT rub in or use a sponge. Repeat the process if you feel that the skin requires moisturizing during the course of the day and again in the evening. The downtime reducing powder should be used on top of the cream to absorb any excess moisture and keep scabs dry.
5. To treat discomfort, do not take blood-thinning pain relievers. Tylenol is acceptable.
6. Arnica tablets may be taken as directed until swelling subsides.
7. As long as the scabs are present, avoid the sun, sweating, sauna and steam.
8. DO NOT intentionally remove the scabs. Any manipulation of scabs can cause adverse effects. They will fall off on their own within 7 days. This may take longer for smokers or those taking certain medications.
9. While the scabs are present they should be kept dry. Should the scabs become wet, do not rub. Use a hairdryer on the area until the crusts are dry. Apply aftercare cream and powder directly afterwards.
10. The skin beneath the scabs is sensitive. The pinkish discoloration may last up to 6 months.
11. When the scabs have fallen off, use a sunscreen with SPF 50 on the treated areas. Avoid extreme sun exposure for 3 months and UV rays or low temperatures for 2 weeks. If the above instructions are not followed, pigment deviations and dark spots may occur.
12. Please note: depending on the desired results, more than one treatment may be necessary. Follow-up treatments may only be performed 12-16 weeks after the previous treatment as the collagen fibers are still contracting and the skin is very sensitive.

Your follow up appointment is a very important time for us to meet. Please ensure that you plan to return to the office approximately 2 weeks following your initial treatment date.

Thank you for entrusting your care with us. Your referrals are greatly appreciated