



## Subnovii Plasma Pen Treatment Instructions

Please Note: You cannot be treated if the treatment area is exposed to the sun within 4 weeks prior to your appointment. Please plan accordingly.

**On treatment day, please come to the appointment without makeup and without contact lenses.**

**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 treatment the skin was treated with aftercare cream and powder. Aftercare products must be used for several days to ensure optimal healing and results. Do NOT use other products on treated areas unless specifically instructed by your provider. Do NOT resume normal skincare routine until cleared by your provider.
4. Each morning and evening, cleanse treatment areas with a gentle cleanser. Thoroughly dry the treated skin with gentle patting or blowing with a hair dryer. 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. Antihistamines (Claritin/Zyrtec daily and/or Benadryl nightly) and Arnica tablets may be taken as directed until swelling subsides.
6. While scabs are present, avoid the sun, sweating, sauna and steam.
7. 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.
8. 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.
9. The skin beneath the scabs is sensitive. The pinkish discoloration may last up to 6 months.
- 10. When the scabs have fallen off, use sunscreen with SPF 50 on the treated areas. Avoid extreme sun exposure for 3 months and UV rays or extreme temperatures for 2 weeks. If the above instructions are not followed, pigment deviations and dark spots may occur.**
11. Please note: depending on the desired results, more than one treatment may be necessary. Follow-up treatments may be performed 4-16 weeks after healing is complete.

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 and avoid wearing makeup on the treated area to this appointment.**

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