



STELLA'S ROOM

PLASMA FIBROBLAST AFTERCARE

Call / Text (214) 785-0080

AFTERCARE INSTRUCTIONS

First 12 days...

The scabs will usually begin to fall off between 6-12 days.
Redness will start to disappear.



DO NOT pick at or scratch the scabs as it can lead to scarring and hyperpigmentation.



After 24 hours, apply a thin layer of Aquaphor ointment 2x a day for 3 days, then once a day until scabs are gone.



Use only a mild cleanser that is alcohol and scent free.
Pat the area dry.



You may use Tylenol for discomfort and Arnica or antihistamines to control swelling.

www.stellasroomstudio.com



DO NOT use makeup until all scabs have fallen off.



DO NOT expose treated area directly to the sun without broad spectrum SPF 50. No tanning beds or saunas for a minimum of 12 weeks.



Sleep with your head slightly elevated to help decrease swelling around the eyes (if treated).



Avoid smoking.
Avoid shaving over the treated area.



Heat, steam, and sweat can all contribute to inflammation.
Avoid exercising for 48 hours after treatment.



Avoid pools, hot tubs, and saunas until the scabs have fallen off and skin has returned to normal.



Take Vitamin C and Zinc supplements to aid in the healing process.



Avoid alcohol for 72 hours after treatment.

After scabs have fallen off...



DO NOT get a facial or apply harsh products such as glycolic acid or salicylic acid etc. for a minimum of 6 weeks after all scabs have fallen off.