

PLEXR-PLUS

Post-Treatment Instructions

- The Healing process – You will look your worst the next day as healing times vary depending on the individual but generally you can expect the following: Face 5-7 days (depending on the types of treatment). Make sure to wear a large hat and/or sunglasses if will be at all exposed to the sun. In some aggressive treatments, very slight oozing may occur. Swelling of the face and/or eyes is common, and typically begins to reduce by the third day after treatment. Sleeping with your head elevated can help decrease swelling. Almost everyone experiences itching, which can range from mild to intense. Taking a Benadryl (an oral antihistamine) can be helpful. Itching usually lasts a few days or until the area starts to peel. **DO NOT PICK!**
- Day 1 – 24hours post NO Water or Steam to the treated area, Keep dry and clean. Cleanse the other areas of your face, keeping treated area dry.
- Day 2 & 3 – 48-72 hours Treat-Advanced Native collagen + HA – Apply sparingly to treated area, morning, and night, pat/press into skin do not massage. This is active collagen that is replenishing and hydrating deep layer of the dermis. Before each application gently pat skin with tepid water to cleanse area allow to dry. The skin may feel tender to touch, so be gentle and careful. Do not rub skin.
- Day 4 onward follow these steps:
 - 1) Cleaning the Area – Gentle Facial Cleanser – 1 pump morning and night apply full face and neck, emulsify and rinse with water. Continue cleansing treated area with mild cleanser for up to 30 days. Do not exfoliate area, be gentle when rubbing.
 - 2) After Preparing the skin by cleansing - TREAT - apply Advanced Native collagen + HA morning & night pat/press into skin do not massage.
 - 3) Morning ONLY – Protect – Apply full face and neck Elta MD Physical Broad-Spectrum SPF 41 – After collagen gel has fully penetrated, this product is free of chemical active ingredients ideal for post procedure. Lightly tinted, oil free provides a matte finish to conceal and has exceptional antioxidant properties.

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- Once the superficial scabs start to exfoliate, the skin underneath will be pink and will return to its natural color in a few weeks. Around day 3-4 you may notice superficial scabs are starting to peel off. Do not pull, peel, or scrap the scabs off. Just let the skin naturally slough off in the cleansing process. In the shower make sure to cover your face from shampoos and body soaps.
- Day 5 onward- Start to introduce Hyaluron E Cream - HEAL - Little goes a long way, apply full face and neck gently massage into skin morning and night as needed, use after hydrating gel has thoroughly absorbed. Vitamin E helps to protect brand new skin and moisturize barrier, HA with strengthen outer layers. Contains chamomile for soothing.
- Product use: Once scabs have exfoliated off it is important to apply Collagen gel, and Eltda MD SPF use until product is empty. During hot/cold climates or prolong outdoor exposure it is also recommended to apply SPF often. The sunscreen portion of the post treatment must be carried out every day for minimally 30 days once the superficial scabs have fully come off.
- Follow up - Your follow up appointments will generally be scheduled in 30-days post procedure. Do not use exfoliating products on the skin for 4 weeks. IF you feel that you are having an unusual problem with the treatment, please contact the office.
- Medications - Tylenol is recommended for pain relief, as well as an antihistamine such as Reactine or Benadryl to help with swelling and inflammation post procedure.