

# Kiss and Tell Bombshell

714-970-4912

## **Plasma Fibroblast Disclosure and Before & After Procedure Protocol**

Fibroblast Plasma Treatment is a procedure that can only be performed by a specifically trained and qualified technician. Using approved equipment to shrink the skin using a sterile disposable probe.

Before carrying out the treatment, you are required to complete and sign the consent form and complete the medical history section. This will determine whether you are a suitable candidate for the proposed treatment. If the technician does not think you are suitable for the treatment, the procedure will not be carried out.

Your technician is available to discuss and answer any questions about the procedure in full, including what it will be involved, the benefits, explain any risks, the healing process and advise upon any further treatment if / where necessary. You will then be provided with written aftercare information for you to keep and refer to during the subsequent healing process.

Fibroblast Plasma lift is an art process, not an exact science and cannot guarantee an exact shrinkage result due to skin elasticity and individual healing process. You may be required to return for additional treatments before your overall procedure is deemed complete. The payment for any additional work, (if applicable), Additional treatments, cannot be performed until after 8 weeks from date of initial treatment. This is in order to allow the initially treated area to heal fully.

Your technician will use a treatment plan to record the areas you have chosen, Numbing anesthetic will be used on the treatment area, as well as pre and post treatment photographs. This information will be held securely in your consultation record. The skin type of every client is different and the healing process may lead to some discoloration of the skin. If exposed to sun while healing. After each treatment some swelling or redness may occur. In some cases there may be extreme swelling. Your technician will give you appropriate advice to help reduce this risk. Since the treatment includes small burns to the skin, you may experience the smell of charring. This is perfectly normal.

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### **CONTRAINDICATIONS:**

Contraindications are certain conditions or situations that would make a treatment inadvisable. Therefore could cause harm.

Pregnancy / Breastfeeding

Metal pins or plates

Pacemakers

Severe cardiovascular disorders

Cancer patients

Uncontrolled blood pressure

Blood disorders

Auto immune diseases / HIV

Epilepsy

Pigmentation disorders

Diabetes

Lupus

Keloid Scarring

Herpes Simplex

Shingles

Psoriasis / Active Eczema

Colds / Infections

Accutane / Retinol

Allergies to lidocaine

Fitzpatrick scale 5 and 6

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### FITZPATRICK SCALE

The plasma fibroblast procedure is best suited for people from 1 to 4 on the Fitzpatrick Scale. Due to possible keloid scarring or hyperpigmentation. Please discuss with your technician about your Fitzpatrick scale.



### BEFORE PROCEDURE

- Avoid getting chemical peels or laser treatments or other cosmetic procedures for 4 weeks before your appointment.
- Avoid alcoholic drinks for 24 hours before your treatment is scheduled.
- Drink plenty of water for 24 hours before procedure
- Avoid applying retinol-A products for 72 hours before the procedure.
- Start taking vitamin C supplements and Collagen powder or supplements a week before.
- Protect your skin from sun exposure and prevent the possibility of sunburns.
- Clean skin and free of makeup or creams when you show up for your appointment

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### **AFTER PROCEDURE CARE**

You must adhere to your technicians aftercare advice following your treatment. This is very important and will reduce the risk of post-procedure infection and help with ensuring you reap the whole benefits of your procedure. You must let the treated area heal properly. Avoid picking, plucking, knocking as this will hinder the healing process and could make the treatment appear uneven thus requiring further work.

Proper healing is essential for you to get the perfect effects of your plasma fibroblast treatment. You can also expect some amount of sensitivity afterward along with soreness, redness, swelling, and slight tenderness. The procedure may also leave behind tiny dots that can take up to 4 weeks to disappear completely. For this reason, your dermatologist will advise that you protect your skin while it heals.

### **HEALING TIMELINE**

- 7 to 10 days for crusts (aka dots) to fall off (longer for other parts of the body)
- The area where dots were may still show for 6 to 8 weeks
- The area will continue to heal for 3 to 4 months
- The area will continue to tighten for up to a year
- The results will last for up to 3 years or longer with proper skin care and protections from the sun.

### **AFTER PROCEDURE CARE**

- Stay out of the sun and apply a sunscreen with SPF 30 formula for at least 4 weeks.
- Don't wash your skin for 24 hours and later, use only a mild, chemical and fragrance-free cleanser.
- Keep your skin hydrated with gentle, fragrance-free moisturizers. Flaking is normal.
- Avoid high temperatures, saunas, steam, sweating, and hot drinks for the first 48 hours
- Avoid strenuous exercise that increases your heart rate/blood pressure for the first 48 hours.
- Hydrate! Drink plenty of water.
- Continue taking Vitamin C and Collagen powder or supplements
- Don't apply makeup for at least 24 hours after the procedure.

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- Don't use ice-packs to soothe the swelling, inflammation is good.
- Don't take anti-inflammatory medications without consulting a dermatologist.
- Don't get chemical peels or laser treatments for at least 6 to 8 weeks after the session.
- Do not use retin-A for up to 2 weeks