

Pre-Treatment Care Guide

NEO GEN

MEDICAL HISTORY

Discuss your medical history with your provider. If you think you may have forgotten something or did not realise the importance of something at the time of consultation, please discuss this with your provider before your treatment.

FOR EXAMPLE, INFORM YOUR PROVIDER BEFORE TREATMENT IF YOU HAVE:

- Been using products to treat acne or facial wrinkles within 6 months of treatment.
- A known history of, or suspect you may develop keloid scarring.
- Used exfoliants 7 days prior to treatment.
- Allergies to any medications or are sensitive to any skin care products.
- Ever experienced cold sores.
- Any other concerns.

3 WEEKS BEFORE TREATMENT

- Avoid excessive sun exposure or tanning for at least three weeks prior to treatment.
- Apply a Sun Protection Factor (SPF) 30+ zinc oxide or titanium dioxide based sunblock to all areas intended for treatment.
- Additional sun protective measures such as a hat, sunglasses and sun-protective clothing will help to protect your skin before and following your treatment.

1 WEEK BEFORE TREATMENT

- Do not use exfoliants (acids, scrubs, washes and other treatments that remove the outermost part of the skin) in the week prior to treatment.
- If you have just started using topical tretinoin, such as cosmetics containing Retin A, in the last month, you will be advised to discontinue use.

5 DAYS BEFORE TREATMENT

- Moisturise either by using a quality non-irritating and unperfumed moisturiser day and night, or a water-based mask daily.
- Drink a minimum of 2 litres of water per day and avoid types of food and drink that dehydrate, for example alcohol.
- Your provider might prescribe medication to prevent potential skin infection afterwards following high energy treatments. Please be sure to obtain these and use them as directed.

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Post-Treatment Care Guide

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LOW ENERGY TREATMENT

2-3 DAYS RECOVERY TIME WITH MINIMAL SKIN PEELING

Keep skin dry. If mild irritation persists, gently pat the treatment area with cool water. Do not cleanse for 24 hours, or as directed. After this period, a mild water-based cleanser can be used. Do not expose your skin to the sun. When peeling has almost completed rehydrate the skin with a mild moisturiser.

MID ENERGY TREATMENT

2-5 DAYS RECOVERY TIME WITH SKIN FLAKING/PEELING

When peeling has almost completed, rehydrate the skin with a mild moisturiser. Applying this too soon can delay peeling and thus recovery. Your treatment provider may ask you to use a barrier cream or gel. Follow basic care as per low energy treatment.

HIGH ENERGY TREATMENT

7-10 DAYS RECOVERY TIME WITH SKIN PEELING FROM AROUND DAY 9

Your practitioner might apply a barrier cream or similar alternative to the treated area to keep the skin moist. This can be removed gently after 24 hours or as advised by your treatment provider. You may be advised to cleanse and reapply the barrier cream or gel for 2 or 3 days, twice a day, depending on your treatment and skin reaction.

OTHER INFORMATION

The treated skin will appear red and/or darker for the first few days, and you may experience some swelling. This is expected. If you are concerned, contact your provider.

Make up and Shaving - It will generally be 2 to 3 days after treatment before you can apply make-up or shave. This depends on if you had a low energy or high energy procedure. Ask your provider when you can return to your activities.

Sun Exposure and Tanning - All sun exposure and tanning treatment must be avoided for at least 3-4 weeks after treatment. If exposed to the sun, the skin must be protected by a high factor SPF and wearing sun protective clothing. Sunglasses will also be required, especially where the eyes have been treated.

Exercise and Exposure - For the first week after treatment avoid any activity that will increase the blood flow such as exercise, or exposing the skin to hot (sauna) or cold (winter sports) temperatures

REMEMBER, FOLLOWING TREATMENT:

- **Do not** expose treated skin to the sun.
- **Do not** pick the flaking skin. Allow it to detach when it is ready.
- **Do not** moisturise peeling skin. This may delay the healing process. If the peeling process continues for a few days, use a mild moisturiser.
- **Do not** touch the treated area with clean hands unless cleansing/reapplying barrier cream.
- **Do not** use harsh or exfoliating products, medications or scrubs.
- **Do not** wear clothing that could irritate the area that has been treated.
- **Do not** allow pets near the treated area until it has healed.
- **Sleep** slightly raised if you have had a facial treatment, and change bedding daily.
- **Avoid** contact with anyone with any kind of infection, especially skin conditions.

If your provider has prescribed antibiotics or other medications, take them as advised. If you are unsure of anything, or think you have had a reaction to treatment, contact your provider as soon as possible.

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