

PLASMA FIBROBLAST

PLASMA FIBROBLAST SKIN TIGHTENING INTRODUCTION & PRE CARE INSTRUCTIONS

YOU WON'T BELIEVE THIS AMAZING NEW SKIN TIGHTENING PROCEDURE!

Finally, there is a non-surgical skin tightening solution that really works!

- **Safe, low-risk and highly effective alternative to plastic surgery**
- **Long-lasting results**
- **Minimal recovery and down time**
- **Diminishes fine lines, wrinkles and expression lines**
- **Tighten and regenerate skin anywhere on your face, neck or body**

Plasma Fibroblast therapy is an elective, aesthetic, beauty procedure that can be offered as an alternative to laser, injections and surgical therapies to tighten, rejuvenate and improve the skin's appearance.

Plasma Fibroblast therapy targets fibroblast cells. Fibroblasts are collagen and protein-producing cells in the dermis layer of skin which is just below your outermost skin layer. Fibroblasts play an important role in maintaining skin firmness and tightness, as well as, helping skin wounds heal.

Plasma Fibroblast therapy uses a pen-like device that discharges a high-frequency, energy charge or arc. Your procedure will be performed using the Plamere™ Premium Plasma Pen (FDA registered). The plasma pen's tip does not directly touch the skin, but instead releases a targeted arc just above the skin's surface. This arc creates a tiny, micro-injury in the skin's surface layer due to a reaction called sublimation. Sublimation occurs instantly when the arc or high-frequency, energy charge is applied to the skin surface, evaporating and getting rid of the excess tissue superficially.

According to a 2019 article published in the PMFA (Plastic Surgery Maxillofacial Surgery Aesthetic Medicine) Journal, the thermal disruption, or heat damage, from Plasma Fibroblast therapy:

- Stimulates fibroblast activity
- Breaks down proteins in the skin
- Causes tissue contraction (tightening)
- Encourages tissue regeneration

Healthcare providers may also refer to this treatment as plasma skin resurfacing. This is a treatment that can tighten the skin without the need for invasive cosmetic procedures.

Instantly after the skin is exposed to the arc, it is covered with a tiny 'carbon crust' that occurs through a process of carbonization and serves as protection during the healing process. The technician then creates a pattern of these tiny crusts in the area to be treated. These tiny crusts will fall off the skin after 5-7 days revealing new, pinkish skin.

The **result of Plasma Fibroblast therapy is regeneration and tightening of the skin** in the treated area for a period of up to 8 weeks post treatment. Due to the treatment, this is the period when the fibroblast cells are stimulated and produce collagen.

BEFORE YOUR TREATMENT

- 1) Avoid any kind of tanning (spray tanning, tanning injections, sun tanning and tanning beds) for 2 to 4 weeks before your treatment. Ideally, you should try to use a sunblock or broad-spectrum SPF50 sunscreen to prep your skin for 2 to 4 weeks before your treatment, especially if you are naturally darker skinned. You may even wish to consider using a natural Tyrosinase Inhibitor to help ensure there is no overproduction of pigment in the skin, aka hyperpigmentation.
- 2) Avoid any other types of procedures on the same area which you intend to have treated with the plasma pen device, such as laser therapy, chemical peels, Botox or fillers, as this may prevent your treatment being performed by your technician at the time you want it.
 - No facial acids (Retin A, salicylic, glycolic) 14 days before or 21 days after in the same area to be treated with the plasma pen device.
 - No Botox or fillers 21 days before or after in the same area to be treated with the plasma pen device.
 - No Micro-needling / PRP 21 days before or after in the same area to be treated with the plasma pen device.
 - No laser or chemical peels (depending on the intensity of the peel) for 90 days before or after in the same area to be treated with the plasma pen device.
 - You must wait 9 months post-op after surgical procedures like face lifts, upper blepharoplasty and lower blepharoplasty before a Plasma Fibroblast treatment in the same area.

DAY OF YOUR SCHEDULED TREATMENT

- 1) Please arrive to your appointment with a freshly cleansed face and/or area(s) to be treated. NO make-up, lotions, mascara, eyeliner, glue-on false eyelashes (eyelash extensions are permitted), etc.
- 2) If your treatment is anywhere around the eyes, please remove contact lenses before coming to your appointment. Or, bring what you need to remove contact lenses. If necessary, please bring your glasses, as you should not reinsert contact lenses immediately after your treatment.
- 3) Although for most, the Plasma Fibroblast treatment is virtually pain-free, your own treatment may be moderately uncomfortable or sensitive depending on where you are being treated and dependent on your own sensitivities and tolerances.

IMMEDIATELY FOLLOWING TREATMENT

- 1) You may experience a 'stinging' sensation in the treated area(s) immediately after treatment. This is normal, and it generally lasts for about an hour.
- 2) It is normal for the treated area to feel 'tight.'
- 3) Expect redness, swelling and inflammation for the first 1 to 5 days post-treatment. This is normal.
- 4) Tiny, brown/black crusts will quickly form on the treated area. **DO NOT** pick them. These crusts may be visible for up to about a week and **MUST BE** allowed to naturally fall off on their own.
- 5) Your technician will provide you with Post Care Instructions. It is highly recommended that you read, understand and follow the provided Post Care Instructions to expedite the healing process and to help avoid complications.

6) It is highly unlikely that you will ever get an infection from a Plasma Fibroblast treatment because the tiny dots are covered with crusts and are not open wounds. However, for the first 12 hours post treatment it is vital to protect yourself from any potential infections, so please avoid any activities where you could expose yourself to contaminants. Please keep hands clean and off of treated area.

7) You may return to work the following day. However, you may not look your absolute best during the initial healing process (approximately 7 days). **ABSOLUTELY NO MAKEUP ON TREATED AREA UNTIL CRUSTS HAVE FALLEN OFF.**

8) **DO NOT** shower or cleanse/rinse the treated area after your treatment. Keep the area dry and apply Bacitracin ointment (see Post Care Instructions). You may shower on the day following your treatment.

THE FOLLOWING DAYS AFTER YOUR TREATMENT

1) It is normal for the area that has been treated to be red/pink, swollen and feel tight and dry. Occasional weeping is normal and will settle.

2) **DO NOT pick crusts off as this will delay the healing process and could cause scarring, infections and/or hypo/hyperpigmentation etc. Allow the crusts to naturally fall off on their own.**

3) The day following your treatment you may shower and cleanse the treated area. Follow the Post Care Instructions.

4) Men should avoid shaving the treated area during the initial healing process (around 7 days).

5) If you have had a treatment around your eyes, you should avoid wearing contact lenses for 72 hours after your treatment.

6) Once the crusts have fallen off (approximately 7 days), your skin may be pinkish in color. You may begin to apply your normal foundation/make-up/sunblock but avoid using skincare products containing glycolic, salicylic, retinoic, AHA, scrubs, Clarisonic or any other active exfoliating ingredients or devices for at least 21 days, as this may cause irritation. **ABSOLUTELY NO MAKEUP UNTIL CRUSTS HAVE FALLEN OFF.**

THE WEEKS FOLLOWING YOUR TREATMENT

1) **In addition to the immediate lifting and tightening effects that you will likely experience from a Plasma Fibroblast treatment, regeneration or skin tightening occurs gradually for a period of up to 8 weeks post treatment. During these weeks, the fibroblast cells are stimulated and produce collagen. The most dramatic results are usually seen after the 6th week. However, the final lifting and tightening results will be seen at 8 weeks post treatment.**

HOW LONG DO THE RESULTS LAST?

1) The results you get from Plasma Fibroblast therapy last for many years. However, like all surgical and cosmetic procedures, the effects of Plasma Fibroblast therapy are not entirely permanent and cannot stop the ageing process.

2) It is possible that you may elect to have additional treatments or touch-ups to the same area to achieve and/or maintain the best possible or desired result. If additional treatments are required to the same treated area, it will be necessary to wait until the skin has completely healed (8 weeks post treatment) before retreating the same area.

OTHER POST CARE ADVICE AND TIPS

- 1) Avoid smoking and alcohol to maximize results.
- 2) Eat a whole food diet and avoid excess sugar to maximize results.
- 3) Increase your water intake during the first week of healing.
- 4) Use on-going preventative measures to protect your skin from sun damage.

If you have any questions, or you are ready to schedule your FREE consultation, please contact Anthony “AC” at (970) 756-9090.

Vertical Dynamics is a premier provider of Plasma Fibroblast therapy. We are also proud to partner with All About You Med Spa to provide you with a wide range of medical aesthetic treatment options. Check out our website for more information:

VerticalDynamics.com

What They’re Saying...

I am beyond impressed with the work AC does. His attention to detail is beyond words. Plasma Fibroblast skin tightening is a must do, to either maintain or improve your skin’s firmness. AC is the best there is! His work speaks for itself. - **Callie N.**

AC is very gentle and kind. He cares about his client’s comfort. I saw a big difference after my first Plasma Fibroblast treatment. He is wonderful, has a lot of patience and does a meticulous job. - **Suzi D.**

I recently had a Plasma Fibroblast treatment on my upper lip, and I was a skeptic at first. How can this short procedure make such a big difference? Well, it does! The area around my upper lip looks like it did 10+ years ago. Now I am looking forward to having my neck and forehead done next. - **Liz A.**

I’m so happy with my Plasma Fibroblast procedures. Over the last few weeks, the results are becoming more and more evident every day. The fine lines have almost all gone away. I can’t wait to have my next “area” done. Thank you so much! - **Tomi P.**

Fibroblasting is a game changer! I first came to Anthony to have him treat my upper eyelids, crow’s feet and under eye areas. The results right after the treatment were very noticeable. I was so excited with the results from my eyes that I came back and had him treat my upper lip and jowls too. Anyone who is looking to tighten and freshen their face should do this. This is definitely the way to go! Thanks Anthony! - **Claudia R.**

The “lip flip” plasma treatment result was amazing! I noticed an immediate change when the procedure was done, and I’m blown away by the lift and rejuvenation in just 6 days. It was an easy and effortless recovery. I’m excited and ready to revisit AC for my next treatment! - **Elizabeth H.**