

## Patient Instructions for Subnovii Plasma Pen:

**To reduce the risk of unwanted side effects, it is imperative that these aftercare instructions are followed!**

1. Optimal results are only achieved by maintaining an undisturbed and DRY environment.
2. DO NOT over cool. Cooling stops the tightening effect and could damage the tissue.
3. Each **morning and evening** (while the crusts are present) cleanse with a gentle cleanser (like Cetaphil or Cereve) OR just **cool water**, then apply a VERY THIN layer of Subnovii Recovery Cream. Pat the cream with clean fingers, DO NOT rub in or use a sponge.  
Repeat this process throughout the day if you feel that the skin requires moisturizing.  
Subnovii Recovery Powder should be used on top of the cream every time to absorb any excess moisture and keep the crusts dry. You can repeat the Recovery Powder throughout the day if the skin starts to look shiny.
4. While the crusts are present, they should be kept dry. Should the crusts become wet, do not rub. Use a hairdryer (on cool setting) on the area until the crusts are dry. Apply Subnovii Recovery Cream and Recovery Powder directly afterwards.
5. To treat temporary pain, 500mg of Acetaminophen may be taken. DO NOT take aspirin, as this can cause more swelling. DO NOT take Ibuprofen or other anti-inflammatory medication.
6. For those prone to hyperpigmentation: We recommend using a topical melanin suppressant for 2-4 weeks before and after treatment.
7. As long as the crusts are present, AVOID the sun, sweating, sauna and steam rooms. We do not want the crusts to get wet.
8. Do not wear makeup while the crusts are present.
9. DO NOT intentionally remove the crusts. Every manipulation of the crusts can cause an adverse effect. They will fall off on their own within 5-7 days on the face and 10-14 days on the body. This may take longer for smokers or those taking medication.
10. The skin beneath the scabs is sensitive. The pinkish coloration may last up to 6 months. This pink skin is OK, it is due to the skin regenerating itself.
11. When the crusts have fallen off, use a sun block with 50SPF on the treated areas. Avoid extreme sun exposure for 3 months. Avoid UV-light and extreme low temperatures for 2 weeks. If the sun's precautions are not followed, pigment deviations and dark spots may occur.
12. Please note: depending on the desired results, more than 1 treatment may be necessary. Follow-up treatments may only be performed 12-16 weeks after the previous treatment as the collagen fibers are still contracting and the skin is very sensitive.

Please call The Skin Center with any questions/ concerns at 716-712-1050.

5/10/23 AC