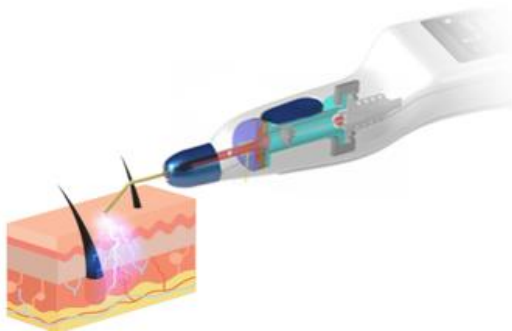




We at Nordic Skin Therapies are looking forward to being part of your skin transformation through the latest generation skin tightening Plasma Fibroblast Technology.

### What is Plasma Fibroblast?

Plasma Fibroblast Skin Tightening treatment encourages the body to use its own processes to tighten skin. Plasma is formed by ionising atmospheric gas, which is infused into the skin via microscopic, laser-made incisions.



Plasma is used to create precise, controlled thermal trauma to target an area, thereby triggering the wound healing cascade which involves homeostasis, inflammation, proliferation of fibroblasts and remodelling of collagen. In the context of this treatment PLASMA refers to the 4<sup>th</sup> state of matter (ionised gas) and not plasma found in the blood. Plasma is created when energy is

supplied to a gasses on the skin, it is then ionized to create a micro-electrical discharge - **plasma** state.

Plasma Fibroblast is not to be confused with a PRP or Vampire facial.

### Plasma Fibroblast benefits

- **Flattening the Wrinkles.** The skin fibres contract and shorten, reducing the surface area of the skin, therefore eradicating lines and wrinkles.
- **New Collagen Generation.** A controlled micro-trauma kick starts the wound healing process, which produces natural collagen and elastin, resulting in plumper, tighter skin.
- **Reduce Pore size:** The pores of the skin become considerably less visible.

- **Youthful Glow.** Your blood circulation is stimulated in the treated area, giving the skin colour and a sensation of refreshment.

### Preparing for your Plasma treatment

1. Gently wash the treatment area with a mild cleanser. Do not apply any creams, lotions, cream or powdered foundation, sunscreen or other products prior to treatment.
2. **Sunburn:** Avoid a "fresh" sunburn for 7 days prior to the treatment – it reddens the skin and makes it tender.
3. **Retinoids and acids:** For 3 days prior to the procedure, do not use topical products containing retinoids (e.g. Retinol or Retin-A), AHAs (glycolic or lactic acid) or BHA's (salicylic acid) as these can irritate the skin.
4. **Peels** are not recommended 2 weeks prior to the treatment.

Clients with following conditions CANNOT be treated with Plasma Fibroblast:

- Pregnancy and breast-feeding
- Active infections
- Herpes simplex
- Hemorrhagic disorders
- Open wounds or lesions
- History of Keloids
- Vitiligo
- Cancer

### DOWNTIME

Downtime is normally between 5-10 days, depending on your age, health and area being treated. You can apply mineral make up after 48 hours (day 3), which will cover the microrusts (dots). The dots will completely fall off in 7-10 days.

Timing example: If you receive the treatment on Friday morning, you can go back to work wearing mineral makeup on the next Monday.

### HOW MANY TREATMENTS AND HOW OFTEN?

2 - 3 treatments are recommended for best results in 3 months intervals.

Maintenance may be required - one treatment every 18 months.

## What's the downtime of Plasma Fibroblast?

### *Example Recovery Timeline*

- Plasma Treatment on FRIDAY afternoon
- A quiet WEEKEND at home
- MONDAY back to work wearing make-up
- "DOTS" will fall off by the next FRIDAY



### **POST-TREATMENT CARE**

Immediately after treatment, the skin will feel very warm and should NOT be cooled. Application of the healing gel is compulsory for its healing and anti-scarring effects.

Post-treatment recommendations:

- Avoidance of sun exposure or tanning beds for four weeks following treatment. Use of sunblock with SPF 30+ is recommended (after 48 hours post treatment)
- Avoid hot baths, showers, steam rooms, swimming, exercise and saunas for 48 hours
- Keep the area clean and dry for 48 hours
- The area will feel hot and swollen, the use of a fan and healing gel will improve your comfort.

- If blistering or crusting occurs, do not pick or scratch the treated area
- Please return to the clinic if any unexpected skin reaction occurs.
- Excessive persistent redness and discomfort normally resolves within 36 hours (though rarely can last up to 72 hours). Please apply healing gel until the sensation disappears.
- **Mineral makeup** is not recommended until minimum 48 hours post treatment

### How to find us:

Our address:

107 Ferry Road, Southport (inside *Brickworks Medical Clinic*)

3 hour free parking is available



If you have any questions about your Plasma Fibroblast treatment, please call 04 8113 2534 or email [nordicskintherapies@gmail.com](mailto:nordicskintherapies@gmail.com).

**BEFORE and AFTERS**



PLASMA FIBROBLAST  
LOWER EYELIDS + CROWS FEET



PLASMA FIBROBLAST  
EYES + NASOLABIAL FOLDS



PLASMA FIBROBLAST  
ABDOMINAL SKIN TIGHTENING



PLASMA FIBROBLAST  
CROWS FEET



PLASMA FIBROBLAST  
LOWER EYELID + CROWS FEET



PLASMA FIBROBLAST  
NASOLABIAL FOLDS + JOWLS