

This document is designed to provide information about Fibroblast treatment, its benefits, potential risks, and alternative procedures. It is important that you read this information carefully and have all of your questions answered before signing the consent form.

**The Procedure:** Fibroblast, also known as a Plasma Fibroblast Lift, is an effective, non-invasive, skin tightening and rejuvenating procedure designed to combat wrinkles, loss of collagen, and sagging skin without the need for expensive and invasive surgery. Any area of the body can be treated, particularly the face and neck. Popular treatment areas include:

- Upper & lower eyelids
- Crows feet around the eyes
- Forehead lines
- Cheeks
- Lip lines & marionette lines
- Nasolabial folds
- Chin crease
- Full face
- Neck
- Stretch marks
- Acne Scars
- Skin tags / Moles

The Fibroblast device, often referred to as a Plasma Pen, produces an arc of ionized nitrogen plasma about 1 mm above the skin introducing a tiny controlled trauma at the surface of the skin that heats the deeper dermis tissue. This heating stimulates structures known as fibroblasts to produce new collagen that forms the scaffolding of our skin and provides support and elasticity. As the micro-traumas heal, skin fibers contract, shorten, and tighten to eliminate wrinkles and produce a more even complexion. The production of new collagen firms and plumps the treated area to provide smoother, fuller skin. Fibroblast treatments are safe and effective, however, darker skin tones may not be good candidates. The healing process normally takes 7-10 days and tighter skin with a more even complexion will be seen immediately. The longer-lasting results from the generation of new collagen begin to appear in 2-4 weeks, continue to improve for about six months, and can last up to three years. Individual results may vary and are difficult to predict. The end results depend on several factors including good general health, adherence to post-treatment care regimen, the healing response generated, and the degree of cumulative sun and environmental damage to the skin and surrounding tissues. We cannot guarantee how long the results will last, how much of an improvement there will be, or how painless the treatment will be. Fibroblast treatments are mild to moderately uncomfortable. We apply a potent topical anesthetic prior to the treatment to reduce or eliminate discomfort but each person tolerates discomfort differently and some treatment areas will be more sensitive than others.

**Recommended Course of Treatment:** This depends on the treatment area, the extent of existing skin damage, and the desired amount of improvement. In many cases, a single treatment will produce the desired results. One of the great advantages of Fibroblast treatments is that the results are cumulative. Additional treatments may be performed at 2 - 3 month intervals to achieve the desired or possible level of improvement. Fibroblast treatments are most effective when paired with a professional product regimen for at-home use.

**Contraindications** include, but are not limited to the following:

- Pregnancy or breastfeeding
- Accutane (*isotretinoin*) in the last 6 months
- Retin A topical or other skin-irritating products
- Blood-thinning medications within the last week
- History of keloid scarring or abnormal wound healing
- Skin cancer or suspicious lesions
- Allergies to topical anesthetics
- Sunburn (natural sunlight, tanning), extreme sensitivity, rosacea
- Poorly controlled medical conditions (i.e. diabetes, vascular)
- Impaired immune system and/or use of immunosuppressive medications
- Active infection, cold sores (Herpes Simplex), psoriasis, eczema, and dermatitis
- Tattoos and/or permanent makeup
- Impaired judgment, psychological conditions, and substance or alcohol abuse
- **Patients with unrealistic expectations**

**Risks & Possible Side Effects** include, but are not limited to the following:

- Patient failure to follow pre / post-care instructions concerning appropriate activity, product use, and sun protection.
- Depending on individual tolerance level, indication, or treatment settings, patients may feel some pain or discomfort during the procedure.
- Redness, tenderness, or mild "sunburn" like sensation may last hours up to 3-4 days or longer.
- Activation of individual sensitivities may include but are not limited to Herpes Simplex, cold sores, or acne flare-up.
- Other less common side effects may include prolonged irritation, itching, histamine reaction, bruising, redness, and swelling.
- Any time a skin procedure is performed infection is possible.
- Pigment changes (light or dark spots on the skin) lasting 1-6 months or longer may occur.
- Superficial burns, blistering, scarring, or skin infection, while rare, is possible when the skin's surface is disrupted.

Although the majority of patients do not experience any side effects and/or complications, you should discuss each of the above with your practitioner to make sure you understand the limitations, risks, and potential complications of this elective aesthetic procedure.

**Alternative Procedures:** Fibroblast is an elective aesthetic procedure, which is not medically necessary or required.

**Pre / Post Care Instructions:** Compliance with the recommended pre / post-care instructions as well as recommended follow-up visits by your practitioner are crucial for the success of your treatment and to prevent unnecessary side effects or complications. **It is your responsibility to inform your practitioner of any changes in medical history, medications, and most recent sun exposure before each treatment is performed.**

### **Before Your Treatment**

- Pre-treating the skin with topical products such as hydroquinone, tretinoin, and/or glycolic acid for skin types III–V may help reduce the potential risk of pigmentation. (This is optional and not a treatment requirement). Discontinue use 3 days prior to treatment.
- Pre-treating some treatment sites, such as the upper lip and crow's feet region with Botox to minimize muscle activity post Fibroblast treatment is recommended. This is done at least seven days prior to treatment for an improved long-term result.
- **You may not be pregnant or lactating.**
- Patients who have used Accutane or similar products within the last 6 months CANNOT be treated.
- Discontinue the use of any topical products that may be drying or irritating (e.g. AHAs, BHAs, retinoids) 3 days prior.
- Avoid taking any blood-thinning agents for 3 - 7 days prior unless otherwise prescribed by your physician.
- Avoid unprotected sun exposure, tanning, or tanning beds for at least 4 weeks prior.
- Always use an SPF 30 or higher containing zinc oxide and/or titanium dioxide for proper sun protection.
- Avoid other aesthetic procedures and cosmetic injections in the area(s) to be treated for 4 weeks before and after.
- If you are prone to cold sores, it is recommended to take antiviral medication for up to 7 days before and after.
- Stay hydrated by drinking 8+ glasses of water daily to improve results & healing time.
- (Upper or lower eyelid treatments) MUST have Eyelash extensions removed prior to treatment. They can be reapplied after 8 weeks.

### **Day of Treatment**

- Arrive with clean skin free of any lotion, oil, makeup, powder, or sunscreen. (No eyelash extensions for treatments in the eye area).
- Notify your practitioner of any changes in your medication, health status, or personal activities that may be relevant.
- Topical numbing cream may be administered to maximize your comfort during the procedure.
- (Upper eyelid treatments) Contact lenses must be removed when performing treatment on the upper eyelids.
- Your practitioner will recommend a specific post-care product regimen for use during the 7-10 day healing process following treatment.

### **After Your Treatment**

- You may not look your absolute best during the initial healing process (usually 5 to 7 days).
- You may experience mild to moderate erythema (redness) or a stinging/sunburn-like sensation for several hours to 3 days post-treatment.
- Swelling and inflammation for 1 to 5 days post-treatment is normal and is a minor inconvenience to achieving the desired outcome.
- You may take Tylenol for post-treatment discomfort or Benadryl / Zyrtec if you experience excessive itching (histamine reaction).
- Tiny crusts / scabs will form on the treated area(s) and will fall off naturally in about 5-10 days. Do NOT pick crusts off as this will delay the healing process and could cause scarring or pigmentation. It is imperative to allow natural healing to minimize post-treatment complications.
- Sleep on your back with your head slightly elevated for up to 7 days to minimize swelling.
- Avoid all direct & indirect sun exposure. Always use an SPF 30 or higher containing zinc oxide and/or titanium dioxide for proper sun protection. Use an umbrella, hat, masks, and sunglasses while outdoors until you can apply sunscreen to treated areas, usually 7-10 days.
- Avoid all strenuous activities for 7-10 days during the healing process. Do NOT stand with the treated area under hot water in the shower.
- Keep the treated area clean. Use lukewarm water, mild soap, and a soft, lint-free cloth. Change your pillowcase daily or lay on a clean towel each night.
- (Eyelid treatments) Avoid wearing contact lenses for 1 week after your treatment because pulling on your skin can disrupt crusts.
- Avoid using topical Retin A, Hydroquinone, and Vitamin C products for 4 weeks (OTC products) to 6 weeks (prescription strength).
- Infection is unlikely. However, you must avoid activities that may risk exposure to any contaminants for the first 24 hours.
- Avoid wearing makeup in the area treated during the 7-10 day healing process.

### **Stages of Healing:**

**Day 1:** Some discomfort is normal. The swelling will likely be worse in the mornings and lessen towards the evening. If you have had eye treatments, you may find it difficult to open your eyes the following morning, however, this will subside throughout the day.

**Day 2:** The swelling typically peaks by day 2. Swelling can also spread to the under-eye area, DO NOT PANIC, this is perfectly normal. The upper and lower eye are all connected, therefore the fluids from the upper eye will drain to the lower eye area. This too shall pass.

**Day 3:** You may notice an improvement in the swelling and the "dots" will start to crust / scab over. DO NOT pick at the scabs. It is imperative to allow the natural healing process to take place to minimize post-treatment complications. Your level of discomfort will have subsided a bit.

**Day 4:** Some mild residual swelling may still be present. Discomfort should diminish.

**Day 5:** Swelling should be complete but scabs may still be present. Use Aquaphor to protect skin if scabs are accidentally getting rubbed off.

**Days 6 - 10:** You are patiently waiting for the remaining scabs to fall off on their own. It is normal for the new skin under the scabs to be pink or red and to experience some peeling as the healing process continues.

**Weeks 2 - 8:** After scabs fall off, you may have tender, peeling, or textured skin for a few days or weeks. Once your skin is no longer tender, you may use a gentle exfoliant to slough off peeling skin. Each day, your skin will progressively return to its original coloration and texture.

**Remember it will take 12 weeks for the healing process to cycle through completely and for the skin to look completely refreshed. (You may continue to see improvements for up to 6 months).**

**If you experience any side effects, such as prolonged redness or swelling, histamine reaction, blisters, burns, or signs of infection please contact your practitioner immediately for proper assessment and further care instructions.**