

# WHAT YOU CAN EXPECT

## WHAT TO EXPECT

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Depending on what the area is that's being treated patients will either be given a local anesthetic or topical anesthetic cream which takes around 45 minutes to take effect. There is no need for them to have local anesthetic injections, go under general anesthetic or stay in hospital. Non-surgical eyelid lifts (blepharoplasty) will be done with the anesthetic cream while moles and keloid scars may require an injection.

Treatment can usually be done in 10 to 40 minutes, depending on the area. Patients have reported some procedures using Plexr Plus as being painless with the anesthetic cream, but treatment area of the eye area may still have a level of discomfort and it may feel prickly.



## PLEXR POST PROCEDURE

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### Plexr Post Procedure

- Keep the area dry until all the crusts have fallen off naturally.
- Follow your health care provider's recommendations for topical treatments post procedure until all the crusts have fallen off WITHOUT HELP!
- Do not use cotton buds, wipes, pads or any alcohol-containing cleansers.
- Do not use anything near the area like adhesive plasters.
- Stay out of the sun and away from radiation like smartphones, computers and tablets as much as possible.
- When the crusts fall off the new skin will be pink and delicate for up to three months so you need to use a mineral-based sunscreen to protect it.

# EXPECTED DOWNTIME

## Downtime with PLEXR: What to expect

Plexr is a fabulous treatment that really delivers but because it is effective it involves some downtime. The downtime depends on the area being treated, the extent of the treatment, and the strength (white or green) of the Plexr setting used. Please note; everyone's recovery time may differ as no one person is alike. This is based on an average recovery period.

Every person's skin around their eyes is different, however, if you want to have a visible result then **YOU WILL** have swelling for a few days and some discomfort.

### **Day to Day guideline of what to expect for PLEXR to the eyelids.**

Please note: Other areas generally involve LESS downtime.

**Day 1** There will be lots of small black dots (also known as crusts) on the area treated. You should be able to see the tightening and loss of excess skin. You must keep the area covered, DRY and out of sunlight.

**DAY 2** The eyelids will be a bit swollen.

**Day 3** The eyelids will be quite swollen. If you have had a prolonged treatment to both lids with a lot of skin treatment it might be so bad that you cannot open your eyes (this would be rare). Don't worry it will get better. You might need a bit of pain relief and listen to music or podcasts and stay away from the mirror! Keep the area DRY, stay out of sunlight and stay calm.

**Day 4** The swelling is subsiding. You are not as worried as you were yesterday that something awful had gone wrong. The area is still crusted over but a few crusts are starting to loosen. **DON'T PICK.** Naturally, the crusts need to and will fall off themselves when the underlying new skin is ready to make an appearance. Keep it dry, and keep out of sunlight.

**Day 5 to 7** The swelling subsides, the crusts start to fall off and you can start to see the results. Continue to keep the area dry, and keep out of the sunlight.

**After Day 7 & Beyond | Depending on the individual's healing process |** When the crusts fall off the new skin will be pink and very delicate. You need to use a good sunscreen on the area for 4-6 weeks every day. Even though the skin is pink you will be able to see the results and so will everybody else.

There's been some downtime but it will be worth it especially if it's your eyelids.

It is generally an extremely rewarding treatment to do as an aesthetic provider but it is important to be informed of the downtime to adjust your schedule accordingly.