



ESPRIT

HEALTH CLINIC AND MEDISPA

OPUS PLASMA PROCEDURE PRE AND POST TREATMENT INSTRUCTIONS

Pre-Treatment:

- Avoid the sun for 2-4 weeks before and after treatment.
- Discontinue skincare products and regimens with active ingredients for 2 weeks prior to treatment.
- Accutane must be discontinued for 12 months prior to treatment.
- You must wait 3 months after VI Peel service, 2 weeks after Botox, and 4 weeks after Juvederm filler service to proceed with Opus Plasma.
- Hydroquinone prophylactic treatment is suggested 2 weeks prior to treatment if prone to hyperpigmentation.
- No alcohol consumption for 48 hours before treatment.

Post-Treatment:

- Meticulous wound care is crucial after skin resurfacing.
- Immediately after treatment, apply cool compress.
- A wound healing product or recovery balm should be applied as needed for the next two days.
- Only clean, moisturize and use sunscreen for the next 7 days. Sunscreen daily is highly recommended for at least 4 weeks.
- Discontinue Obagi, Retin-A, active products etc. regimen until day 7.
- Mild to moderate erythema, redness, and dry skin can occur 3-7 days after the procedure. If adverse skin effects occur after 1 week or if excessive redness or swelling occurs, please contact your clinical provider.
- No excessive exercise/sweating, hot shower, or alcohol intake for 48 hours after treatment.

Follow-Up:

- Following re-epithelialization, gentle cleansings begin a day or two later. The use of ointment is replaced during the day by use of light moisturizer sunscreen.
- Avoid sun exposure during pre and post operative periods.
- If adverse side effects occur (hyperpigmentation), sun protection and post resurfacing depigmenting agents such as hydroquinone can be used to help obtain resolution.
- Hydroquinone is suggested for darker skin types starting 2 weeks post treatment.
- The interval of treatments is 4 weeks apart. Treat only healed skin.

Thank you for choosing Esprit Health Clinic and MediSpa for your aesthetic and wellness needs!