

# NINA DEEP, M.D. AESTHETICS

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## NeoGen Plasma Regeneration Pre/Post Treatment Instructions

### Pre-Treatment:

- Avoid sun exposure and self-tanner for about a week before treatment.
- Please cancel your appointment if you think you may be pregnant.
- For patients with a history of cold sores – Start prescription Valtrex 500 mg 3x per day for 5 days before your treatment. Please let us know if you would like Dr. Deep to write you a prescription for Valtrex or another antiviral.
- Please let Dr. Deep, or one of our nurses know if you have any permanent tattoos in the treatment area.
- Thick facial hair (excluding eyebrows) should be shaved prior to treatment.

### Day of Treatment:

- Photos will be taken, and a topical anesthetic may be applied to certain areas.
- Jewelry, contacts, and glasses may need to be removed before treatment.

### Post-Treatment:

- NeoGen treatment has up to 7 days of social downtime. You may have red spotting that will change to brown and peel off over 7 days.
- Make-up may be applied as early as the next morning after your treatment.
- For the first 24 hours after your NeoGen treatment your skin will be more absorptive so keep post care simple. Rinse with cool water and use a Cetaphil cleanser and Cetaphil moisturizer daily. Avoid using ice packs to optimize treatment results.
- Gentle skin care products should be used for the first week (like Cetaphil cleanser, Cetaphil moisturizer and your normal sunscreen) and then you may resume your pretreatment skincare routine.
- Please call the office at 614-855-5555 if you have any immediate concerns.

Results may be noticeable after the treatment but will continue to improve over 3-6 months and are permanent. Although results are visible with just a single treatment, for optimal results a series of 2-3 treatments spaced 1 month apart is recommended.