**Fibroblast Skin Tightening and Lifting Treatment**

**Things to know!**

**WHAT IS THE FIBROBLAST SKIN TIGHTENING TREATMENT?**

Fibroblast Skin Tightening is a minimally invasive procedure that produces exceptional tightening of the skin and regeneration of collagen without surgery. Using a plasma pen with a disposable probe, sublimation of micro-columns of skin can be achieved. Essentially the skin is heated and vaporized, producing a tightening effect and stimulating fibroblasts within the dermal layer of the skin.

When the fibroblast pen tip is held close to the client’s skin, an arc is created producing energy that is targeted deep within the skin’s tissues. This unique treatment produces amazing results without ever physically touching the pen to the skin’s surface. As we age, our fibroblasts don’t function as optimally as they used to. These wound-repairing cells are responsible for the extracellular matrix of our skin-- collagen, elastin, fibronectin, hyaluronic acid and other vital skin components are what keep the structure and function of our skin healthy.

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**ADVANTAGES OF MINIMALLY INVASIVE PROCEDURES OVER SURGERY**

• Skin remains intact, no scalpels or cutting

• No unsightly stitches

• Minimal risks

• Minimal side effects

• Short downtime

• Quick and simple procedure process

• Surgery risks like blindness are eliminated

• No thinning of the skin tissue

• Significantly less expensive than surgery

• Reduced risk of infection

**AM I A GOOD CANDIDATE FOR THIS SERVICE? WHAT ARE THE CONTRAINDICATIONS?**

*What are contraindications? Contraindications are factors or situations in which a treatment should not be used on someone*.

**This is a generalized list and the service can be performed with caution for some of the items listed in bold:**

•  Any active infection

•  Diseases such as herpes simplex, systemic lupus, erythematous or porphyria

•  Use of photosensitive medication, and/or herbs that may cause sensitivity to such as tetracycline or St. John’s Wart

•  Immunosuppressive diseases including AIDS and HIV or use of immunosuppressive medications

• **Diabetes unless under control**

• History of bleeding problems or use of anticoagulants

• History of keloid and hypertrophic scarring

• A history of heart disease (angina, heart pacemaker, taking anticoagulant drugs)

• Use of oral or topical Accutane, Retin A or other vitamin A derivatives

• Surgery in the past 6 months

•  **Alcohol or drug abuse**

•  Breastfeeding or pregnancy

•  Deep bruising

•  Fever

•  **High or low blood pressure**

•  Immediately after pregnancy

•  Liver disease and/or any medication that affects the liver function

•  Metal implants, plates or pins

•  Open wounds, ulcers, sores or cuts on the treatment area

•  **On regular prescription medication - requires doctor approval**

•  Phlebitis

•  Poor circulation (blood and lymph)

•  Recent scarring to treatment area

•  Skin disorders

•  Thrombosis

•  **Thyroid disease or other hormonal disorders**

•  Under 18 years of age

**The following is a list with precautions:**

**ALLERGIES:**

If a client's allergies are giving them red, watery eyes or irritated skin, it may be best to postpone the procedure until the inflammation dies down.

**ALOPECIA:**

Alopecia is a common autoimmune disorder that causes hair on any part of the body to fall out in patches. There should be no issues in performing this treatment on a client with alopecia.

**ANEMIA:**

Anemia is a deficiency of red blood cells. It can be caused by a variety of factors, the most common being a lack of the nutrient iron. Clients that are anemic may bleed more heavily and experience longer healing times.

**ANESTHETICS:**

Topical anesthesia can be a source of an allergic reaction from either the active or inactive ingredients in the solution. If the base of the cream or gel contains a substance in the ingredient list that the client is allergic to, you need to have an alternate anesthetic on hand. Sometimes the active ingredient itself may be the culprit. An allergy to lidocaine usually will mean the client cannot use any anesthetizing agent in the ‘caine’ family, such as prilocaine or tetracaine. Use a patch test before continuing on to the treatment. This procedure can be performed without a numbing agent if the client is willing to do so.

**ASTHMA:**

Clients with asthma may use inhalers and other medications that result in thinner skin tissue and increased vascularity. Because of this, they may not only bruise more easily but experience heavier bleeding. These clients may take longer to heal from the fibroblast pen procedure.

**BIRTH MARKS AND PORT WINE STAINS:**

Birth marks and port wine stains should be avoided. A port wine stain is characterized by malformed blood vessels. The risk of excessive bleeding might increase. We can customize the client's treatment to only address the skin around these areas.

**BLEPHAROPLASTY:**

A blepharoplasty is a form of cosmetic surgery that removes excess skin to tighten the eyelid. This procedure can be done if 3 months have passed from the date of the blepharoplasty surgery. The area must be sufficiently healed.

**BOTOX:**

It is recommended to wait 3 weeks from receiving a Botox injection before having this type of treatment***. It is preferable to get this type of treatment prior to a Botox injection***.

**BREASTFEEDING AND PREGNANCY:**

The Fibroblast Skin Tightening treatment cannot be performed on pregnant or breastfeeding mothers.

**BROW, FOREHEAD, OR SURGICAL FACELIFT**:

Allow **3 months after** a brow, forehead, or surgical facelift to determine suitability for treatment.

**BRUISING OR BLEEDING EASILY:**

Bruising or bleeding easily may indicate an underlying health problem. Those who are prone to bruise or bleed easily may take longer to heal from this treatment.

**CANCER**:

Cancer patients actively being treated with radiotherapy, chemotherapy or other modalities **must wait 5 weeks after their last session to be able to receive this procedure**. A cancer patient with too low of a blood count would not be a good candidate for this procedure.

**CATARACTS:**

Cataracts are cloudy areas on the eye lens that may affect a person's vision. If a client is receiving the treatment in the eye area and they have cataracts, **it is advisable to have consent from their physician before providing the service.**

**CONTACT LENSES**:

**Contact lenses must be removed before any treatment close to the eye, and must not be used for up to 72 hours post-procedure.**

**DIABETES**:

Diabetics heal much slower and may also bleed more. For this reason, it may be best to allow more space between treatments to allow for proper healing.

**DRY EYE:**

Clients with dry eye can receive this procedure.

**EPILEPSY:**

Epilepsy is a serious condition that can be triggered by a variety of situations. **If it has been two years since a client's last seizure and they have someone accompanying them to the appointment then the treatment can proceed.**

**EYE LASER SURGERY (LASIK**):

Any client that has had eye laser surgery should **wait a minimum of 8-12 weeks before receiving this service.**

**HEMOPHILIA:**

Hemophilia is contraindicated for Fibroblast Skin Tightening. Due to the fact that hemophiliac patients have issues with their blood clotting properly, this procedure would not be safe.

**HERPES:**

Herpes Simplex is a viral infection commonly referred to as a cold sore or fever blister – usually around the mouth. If you have ever had a cold sore, you are more likely to have an outbreak after Fibroblast treatment in that area. **We suggest that you ask your physician for an antiviral treatment, such as acyclovir, at least five days before treatment and five days after treatment.**

**HIV / AIDS / HEPATITIS:**

Plasma Fibroblast Skin Tightening is not safe for individuals with serious immune disorders such as HIV, AIDS and hepatitis.

**HYPERPIGMENTATION:**

Hyperpigmentation is when excess melanin pigment is in the skin. It is usually seen as an inflammation response in those with more pigmented skin, such as individuals of Mediterranean, Asian, Latin and African heritage.  Unfortunately, **Fibroblast is contraindicated in those with a Fitzpatrick skin type of V or VI.** Darker skin types have a tendency to scar pink or white (hypopigmentation), or with a darkened area at the site of treatment (hyperpigmentation).

**INJECTIONS / FILLERS**:

It is advisable to wait 3 weeks after receiving filler.

**KIDNEY OR LIVER DISEASE:**

**We recommend that the client receive written consent from their doctor if they have kidney or liver disease**.

**LUPUS:**

Lupus is a serious contraindication for this treatment. Due to the inflammation and swelling associated with lupus, the Fibroblast treatment cannot be safely performed.

**MITRAL VALVE PROLAPSE**:

If the client suffers from mitral valve prolapse and requires antibiotics when they receive dental work, they should take this same precaution prior to their Plasma Fibroblast Skin Tightening treatment.

**PREGNANCY/BREASTFEEDING/POSSIBLE PREGANCY:**

Due to possible infections and risk to fetal health, this service cannot be performed.

**RETINAL DETACHMENT:**

If you suffer from retinal detachment or other eye conditions, it is best to obtain written consent from your eye doctor prior to treatment in the eye area.

**SKIN DISORDERS (E.G. PSORIASIS, ECZEMA, DERMATITIS):**

Any type of skin disorder will make you experience more irritation and dryness. The entire treatment process will be more uncomfortable since skin is likely to be thinner and already inflamed. We will avoid treating areas with eczema, psoriasis, dermatitis or any other similar skin condition.

**SCARS (HYPERTROPHIC, KELOID):**

Hypertrophic scars are a result of a collagen imbalance at the site of a cut, piercing or other trauma to the skin. These raised scars contain excess collagen. Keloids are a type of hypertrophic scar that is more severe, growing outside of the original wound site. The fibroblast pen would not be an appropriate therapy in treating these types of scars.

**SHINGLES**:

If you have had shingles, you should wait a minimum of 6 months after a shingles episode before undergoing this treatment. It is not known what triggers a shingles outbreak, so the client should be aware of the potential risks in receiving any treatment on their skin.

**STIES OR CONJUNCTIVITIS**:

**If a client has eye conditions such as sties or conjunctivitis a waiting period of 6 weeks from their last treatment for the condition should be observed before receiving this skin tightening treatment.** Treating the eye area with fibroblast pen may cause the condition to flare up. It may be advisable to receive written consent from your physician prior to service.

**THYROID:**

Thyroid imbalances will create a longer healing time for some individuals, but the treatment can still be performed.

**TRICHOTILLOMANIA:**

Trichotillomania is a compulsive urge to pull at the hair and skin. If a client is susceptible to picking at the skin they could increase their chances of infection or hyperpigmentation in the treated area, in which case this treatment may not be right for them.

**VITILIGO**:

Vitiligo is characterized by a lack of melanin pigment in patches of skin. Because this condition can spread, using the plasma pen on clients with vitiligo would not be appropriate.

**Blood Thinning Supplements and Medications**

Blood thinning medications or supplements will not rule out this procedure, but can increase the time needed to heal. If possible, discontinue blood thinning medications or supplements 3 days prior if their doctor indicates it is safe to do so.

**Blood Thinning Supplements & Medications**

• Ibuprofen

• Turmeric

• Ginger

• Cayenne peppers

• Vitamin E

• Dong quai

• Feverfew

• Garlic
• Cassia cinnamon
• Ginkgo biloba
• Grape seed extract

• Aspirin

• Niacin