

HAVEN

Mobile MedSpa at DeepHaven Rejuvenation

Pre & Post-Care Guide: Plasma IQ

Plasma IQ delivers dramatic skin tightening results, but it comes with more visible downtime than most of our other treatments — expect small carbon crusts ("dots") and swelling for about a week. Setting the right expectations upfront makes healing much easier.

Before Your Treatment

- Plan for visible downtime — schedule this around time off work or social events, ideally 7–10 days out.
- Avoid sun exposure and tanning beds for at least 2 weeks prior — treated skin should not be tanned or sunburned.
- Stop retinoids and exfoliating actives 5–7 days before your appointment.
- Avoid alcohol and NSAIDs (ibuprofen, aspirin) for 24–48 hours prior — both can increase swelling and bruising.
- Reschedule if you have an active cold sore, skin infection, or illness in the treatment area.

After Your Treatment: What to Expect

Phase	What's Happening	Aftercare
First 24–48 Hours <i>Immediately after</i>	Small dark dots appear where treated, along with swelling — often most noticeable around the eyes. This is expected, not a complication.	Sleep with your head elevated. Apply a cold compress nearby (not directly on treated dots) to ease swelling. Follow your provider's specific ointment instructions.
Days 2–5 <i>Crusting — peak downtime</i>	The small dots firm into crusts/scabs. This is the most visible phase and swelling is usually at its worst in the first few days, then starts improving.	Do not pick, pull, or scratch the crusts — this is essential to avoid scarring. Keep the area clean and follow your provider's healing regimen exactly.
Days 5–10 <i>Crusts resolving</i>	Crusts naturally loosen and begin to flake away on their own, revealing pink, fresh skin underneath.	Continue avoiding sun exposure and picking. Makeup can typically resume once crusts have fully released — check with your provider first.
2–6 Weeks <i>Skin settling</i>	Pinkness fades and skin texture continues to visibly tighten and refine as new collagen forms.	Daily SPF is essential. Avoid retinoids/actives until skin is fully healed and cleared by your provider.
Ongoing <i>Collagen remodeling</i>	Full results continue to build for up to 3 months as collagen remodeling completes.	Some clients benefit from a second session for enhanced results — ask your provider what's right for your goals.

A Few Additional Tips

- Never pick, pull, or scratch at crusts — let them release naturally to avoid scarring or pigment changes.
- Avoid direct sun exposure and always wear SPF once cleared to do so.
- Skip strenuous exercise, saunas, and excess sweating until crusts have fully resolved.
- Downtime and healing pace vary by person — follow your provider's specific instructions over general timelines.

Questions about your healing or ready to book your next treatment?
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