

⚡ Opus Plasma: Pre & Post Care

"It's not just a treatment. It's a skin upgrade." 🚀 ✨

💧 Before Your Treatment

🚫 NO Accutane

No exceptions. **Stop for 6 months** before treatment. This one's serious.

☀️ Avoid Sun & Lasers

No laser treatments or UV/sun exposure for **14 days** prior.
Your skin needs to be calm and pigment-balanced.

✖️ Stop Retinoids

Stop **all retinoids (like Retin-A)** at least **7 days prior** — give your skin a break.

💧 Hydrate Like a Boss

3–5 days before and day-of, drink **48–64 oz of water daily**.
Avoid alcohol — hydration and healing don't mix with booze. 🍷 🚫

✖️ Stop Harsh Topicals 3 Days Prior

No peels, exfoliants, masks, benzoyl peroxide, AHAs, BHAs, or topical antibiotics.
Let your skin chill before we treat.

💊 Cold Sore Prevention

If you've ever had cold sores, get a **Valtrex prescription (500mg)** — take one pill **twice daily**, starting **2 days before** and continue for 5 days total.
(Lip zapping + cold sores = chaos ✖️)

🟣 Darker Skin Tones

Consider **hydroquinone pre-treatment** for 2 weeks before Opus — this can help prevent pigment issues.

✂️ Shave Face & Neck

Yes, even ladies. ✨ Smooth surface = better treatment.

🌟 During the Procedure

The Process

We apply **topical numbing cream**, wash your skin, take pics (hello before & after!), and then begin treatment. The Opus Plasma® device gets to work rejuvenating your skin with precision.

What You'll Feel




Patients report **heat and light pressure**, typically about **3/10 on the pain scale**. It's more of a “spicy facial” than anything unbearable.

Treatment Duration







Takes **15–45 minutes**, depending on area size.
Quick. Effective. Transformational.

After Care

First 24 Hours

-  Avoid **sun, heat, saunas, workouts, or hot tubs**.
Your skin will hold heat — don't add more.
 -  **Drink water. Lots of it.**
 -  **No skincare products** — just let your skin be.
 - Keep it **dry** and **cool**.
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Next 7 Days

-  **Redness** may last up to 48 hours.
-  When light **scabbing** begins, you may use:
 - **Rapid Rebuild Me**
 - **Healing Balm**
 - **Hydration Boost Me**
(All from Crystal Skin. Keep it thin, not goopy.)
-  **Gentle cleansing only**
 -  Moisturizer
 -  Sunscreen
 -  **NO Acids or Scrubs:**
That means **Resurface Me, Refine Me, Purely Buffed, Pores No More** are all benched.

Optional Soothing Trick

Make a **white vinegar soak** to calm inflammation:

Mix **1 tbsp vinegar + 1 cup cold water**, chill it, and apply with a clean cloth.

✅ After Day 7

- 🎉 Resume your normal skincare routine!
- ☀️ **Sunscreen daily is non-negotiable.**
- ⌚ You'll begin seeing those glorious results soon!

📞 If you notice **excessive redness, blistering, or swelling**, call **Crystal Skin at 801-498-7873**. We've got you.

💎 *Prepped well? You'll heal faster. Trust the plasma, follow the plan, and get ready to glow.* 💎