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# **PlasmaHeal X4**

# **Doctors Quick Guide**

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# Quick Guide for Using Plasma with Four Handpieces

## **Pre-treatment Guidelines for Plasma Patients:**

1. Apply a topical anesthetic cream to the target area 20 to 40 minutes before starting the treatment. It is recommended to reapply the anesthetic (such as Xylocaine) at least twice, with each application requiring 10 to 15 minutes. The use of injectable anesthetics is also acceptable.
2. To reduce the likelihood of Post Inflammatory Hyperpigmentation (PIH) in patients with sensitive skin types, use a lower plasma intensity.
3. The intervals between treatment sessions should be between 1 month and 40 days.

## **Post-treatment Guidelines for Plasma Patients:**

1. After the plasma procedure, the patient should use sunscreen.
2. Micro burns will resolve within 3 to 4 days, and PIH will clear up within 1 month to 40 days.
3. Use sunscreens and healing creams after the procedure.
4. The patient should avoid bathing for 24 hours and promptly dry any moisture if hands or face are washed.
5. Use zinc for the first 3 days, and then any healing agent prescribed by the doctor for up to a month.
6. Keep hydrated by drinking water during the first week.
7. It is advisable for the patient to avoid smoking and alcohol consumption during the first week.

<b>Dermatology</b>	<b>Main Handpiece</b>	<b>Quick Guide</b>
<b>Active Acne</b>	DBD	For three minutes, 5 seconds of DBD contact and 5 seconds of non-contact should be used on acne.
<b>Scars</b>	spark	For raised scars, apply point-by-point plasma sparks in a triangular pattern. Additionally, apply one or two lines of point-by-point plasma sparks above and below the scar, depending on the severity of the stretch mark
<b>Wrinkle</b>	spark	The closest points to the concavity should be between two to four lines of sparks with a triangular pattern. Avoid sparking on the surface of the dent.
<b>Moles</b>	spark	hold the mole up with tweezers and cut it from under the mole with high plasma intensity. In case of bleeding, use a sterile bandage for cleaning.
<b>Blepharoplasty</b>	spark	apply a medium spark with a triangular pattern from below the eyebrow to the top of the eyelash. It is better to reduce the intensity of the plasma spark as we get closer to the eyelashes.
<b>Shrinking the nose</b>	spark	On the lower half of the nose, from the beginning of the middle cartilage to the bottom of the nose, use spark line by line with a triangular pattern. This method is effective for fleshy noses.
<b>Stretch mark</b>	spark	Place point spark with a triangular pattern on the stretch mark. One to two lines (depending on the severity of the stretch mark) above and below the stretch mark should also be sparked.
<b>Hair transplantation</b>	Cold	Cold plasma should be used immediately after hair transplantation. Cold plasma should be used on each point between 3 and 5 seconds. Then apply air plasma for 10 to 15 minutes.
<b>Body lift</b>	spark	First, the target area should be smeared with ultrasound gel. Then use the special lift probe for 5 to 7 minutes in the opposite direction of gravity.
<b>Lips lift</b>	spark	between 3 and 5 rows of dot sparkles with a triangular pattern should be used Above the lip line.

<b>Dentistry</b>	<b>Main Handpiece</b>	<b>Quick guide</b>
<b>Crown lengthening</b>	spark	In a continuous form (not point), the Spark handpiece is placed on the edge of the gum and the extra parts of the gum are cut to reach the desired shape.
<b>Root canal</b>	air	Apply Cold plasma for one minute and air plasma for 4 to 5 minutes inside the root canal.
<b>Abscess</b>	cold	Apply cold plasma on the desired area for 1-2 minutes.
<b>Teeth Bleaching</b>	cold	After using the bleaching gel, use cold plasma on the gel for 3 minutes.
<b>Gum Bleaching</b>	DBD	DBD should be used on the gums for 8 to 10 minutes.
<b>Antibacterial</b>	cold	Cold plasma should be used on the desired area. Each point between 3 and 5 seconds.
<b>Implantation</b>	cold	Before the operation, the desired area should be exposed to cold plasma for 1 minute. Then the surface of the implant becomes hydrophilic with cold plasma.

<b>Gynecology</b>	<b>Main Handpiece</b>	<b>Quick guide</b>
<b>Labiaplasty</b>	spark	Apply sparks on the extra labia to achieve the desired shape.
<b>Vaginal dryness</b>	DBD	Use the DBD handpiece and repeat the said cycle 3 times. 5 minutes of touch and 2 minutes of no touch.
<b>stretch mark</b>	spark	Place point spark with a triangular pattern on the stretch mark. One to two lines (depending on the severity of the stretch mark) above and below the stretch mark should also be sparked.
<b>improve sex</b>	DBD	Use the DBD handpiece and repeat the said cycle 3 times. 5 minutes of touch and 2 minutes of no touch.
<b>cervicitis</b>	cold	Open the vagina with a speculum and apply cold plasma to the cervicitis for 1 minute.
<b>Vaginal discharge</b>	DBD	Use the DBD handpiece and repeat the said cycle 3 times. 5 minutes of touch and 2 minutes of no touch.

<b>Wound</b>	<b>Main Handpiece</b>	<b>Quick guide</b>
<b>Bacterial infection</b>	cold	Cold plasma should be applied to each point between 3 and 5 seconds.
<b>Eczema</b>	DBD	Use the DBD handpiece and repeat the said cycle 3 times. 5 minutes of touch and 2 minutes of no touch.
<b>Bed sores</b>	cold	Cold plasma should be applied to each point between 3 and 5 seconds.
<b>diabetic sores</b>	cold	Cold plasma should be applied to each point between 3 and 5 seconds.
<b>wounds</b>	cold	Cold plasma should be applied to each point between 3 and 5 seconds.
<b>Antibacterial</b>	air	Cold plasma should be applied to each point between 3 and 5 seconds. Then use Air Plasma for 10 minutes.

<b>General surgery, plastic surgery</b>	<b>Main Handpiece</b>	<b>Intensity</b>
<b>Scars</b>	spark	For raised scars, apply point-by-point plasma sparks in a triangular pattern. Additionally, apply one or two lines of point-by-point plasma sparks above and below the scar, depending on the severity of the stretch mark
<b>Warts</b>	spark	On the wart, high intensity plasma spark should be used. In case of bleeding, use a sterile bandage for cleaning.
<b>Moles</b>	spark	hold the mole up with tweezers and cut it from under the mole with high plasma intensity. In case of bleeding, use a sterile bandage for cleaning.
<b>Shrinking the nose</b>	spark	On the lower half of the nose, from the beginning of the middle cartilage to the bottom of the nose, use spark line by line with a triangular pattern. This method is effective for fleshy noses.
<b>Blepharoplasty</b>	spark	apply a medium spark with a triangular pattern from below the eyebrow to the top of the eyelash. It is better to reduce the intensity of the plasma spark as we get closer to the eyelashes.
<b>Wrinkle</b>	spark	The closest points to the concavity should be between two to four lines of sparks with a triangular pattern. Avoid sparking on the surface of the dent.

<b>Orthopedics, physiotherapy</b>	<b>Main Handpiece</b>	<b>Quick Guide</b>
<b>Pain treatments</b>	DBD	Use the DBD handpiece and repeat the said cycle 3 times. 5 minutes of touch and 2 minutes of no touch.
<b>Lumber disc</b>	DBD	Use the DBD handpiece and repeat the said cycle 3 times. 5 minutes of touch and 2 minutes of no touch.
<b>Tennis elbow</b>	DBD	Use the DBD handpiece and repeat the said cycle 3 times. 5 minutes of touch and 2 minutes of no touch.
<b>Carpal tunnel</b>	DBD	Use the DBD handpiece and repeat the said cycle 3 times. 5 minutes of touch and 2 minutes of no touch.