

PLASMAGE®

# EXPERTS MEETING

EXPERIENCES OF INTERNATIONAL  
MEDICAL PROFESSIONALS ON THE  
USE OF FRACTIONAL PLASMA®  
FOR VARIOUS APPLICATIONS



EXTRACTS FROM LATAM WEBINAR APR/2021

**brera**®  
medical technologies

# THE EXPERTS

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**Dr. Pedro Melo**

*Aesthetic Medicine Doctor  
at Art Beauty Clinic,  
Lisbon - Portugal*

*Professor of Aesthetic Medicine  
at University of Alcalá,  
Madrid - Spain*



**Dr. Rafael Spagnuolo**

*Aesthetic/Plastic Surgeon  
at Clínica Estética Marbella,  
Malaga - Spain*

*Academic Co-Director for the Master  
in Aesthetic Medicine at University  
of Malaga, Spain*



**Dra. Joyce Zeballos**

*Plastic Surgeon, specialist in Aesthetic,  
Plastic and Reconstructive Surgery  
Private Practice  
Magdalena del Mar  
Peru*



**Dra. Ana Molteni**

*Clinical and Aesthetic Dermatology.  
Adjunct Professor of Dermatology Department  
and Coordinator of the Specialization  
Course in Dermatology at  
National University of Rosario  
Rosario - Argentina*



**Dra. Julieta Frega**

*Surgeon specialized in Aesthetic  
and Anti-Aging Medicine,  
Aesthetic Surgery.  
BioBelle Chile Clinical Medical Director  
Santiago, Chile*



**Dra. Mariela Hidalgo**

*Dermatologist  
Clinical dermatology  
Aesthetic Dermatology  
Private Practice  
San Pedro, Costa Rica*

*This is a collection of the experiences of international medical professionals shared during the LATAM webinar held on April 27, 2021 organized by Brera Medical Technologies in collaboration with local official distributors.*

*The interventions will deal with the various applications of Fractional Plasma® with Plasmage® including blepharoplasty®, periorbital and perioral wrinkles, benign skin lesions, scars and stretch marks and the management of complications such as post-inflammatory hyperpigmentation.*

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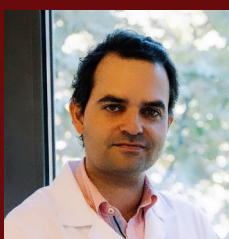
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# PLASMAGE®

## A NON-SURGICAL INNOVATION TO BLEPHAROPLASTY



**Dr. Pedro Melo**  
Portugal

*Aesthetic Medicine Doctor at  
Art Beauty Clinic,  
Lisbon - Portugal*

*Professor of Aesthetic Medicine  
at University of Alcalá,  
Madrid - Spain*



**H**ave you been looking for a treatment for eliminating eye wrinkles or lifting eyes without resorting to surgery? Since 1992, a wide variety of aesthetic medical devices has been available in the cosmetic and dermatological industry. In 2016, a new exciting device was developed by Brera Medical Technologies for treating delicate and peculiar areas of the skin, such as eyelids. This aesthetic medical device for non-invasive eye lifting with impressive results is known as Plasmage®.

In this article, we will discuss everything about Plasmage®, how it works, and a lot more. Let's dive right in!

### **Plasmage®, the instrument of perfection**

Plasmage® is a medical device for non-invasive microsurgery that uses Fractional Plasma® (patented by Brera Medical Technologies) to treat delicate areas of the skin with minimal pain and downtime. Plasmage® has gained popularity for non-surgical blepharoplasty, and therefore, has become a leading tool to perform Blepharoplasma®.

Plasmage® is a class 2B device, meaning that it can safely treat areas like upper and lower eyelids, which radio surgical units and most lasers cannot treat.

### **What is plasma?**

Plasma is the fourth state of matter after solid, liquid, and gaseous state of matter. When we supply heat or electrical energy to the solid state, it converts into the liquid form due to the disintegration of molecules. When more energy is provided to the liquid state, the dispersion of molecules from one another results in the gaseous state. The addition of more energy converts the gaseous state into Plasma – the ionized gas.

### **How does the Plasma work?**

Plasmage® uses plasma technology to generate Fractional Plasma® by means of controlled electric pulses. Fractional Plasma® is then used to sublimate delicate tissues of the skin around the eyes, causing shrinkage and tightening of the skin that leads to reduced wrinkles and bio-revitalization of the eyes.

First, the area around the eyes is numbed by applying an anesthetic cream or injectable lidocaine 45 minutes before starting the procedure. The handpiece of Plasmage® device

is placed above the skin. The device shoots the skin with Fractional Plasma® to treat the excess skin by employing controlled pulses.

Treatment with the Plasmage® device results in the sublimation of the epidermis without contact between the device and the skin. Sublimation is the passage of a substance directly from a solid to a gaseous state. Sublimation of the epidermis causes the skin fibers to shrink and tighten, resulting in the collagen production and regeneration of the skin cells.

**Note: If you have a Fitzpatrick type IV skin type or higher (light brown skin that tans or burns easily), the dermatologist must be more careful, for example performing the hyperpigmentation prevention protocol first or decreasing the power of the device to avoid melanocyte injury. In this case, the first session is lighter.**

After the treatment, very small, fine crusts will appear in the upper eyelid and wrinkles. It is recommended not to remove or touch the delicate crusts as they automatically fall within a few days. Each scab makes the skin tissues around the eyes contract, thus creating the effect of non-surgical blepharoplasty.



### After-care consideration

- As the treatment with Plasmage® has a minimal downtime, you can only experience a burning sensation, which disappears within a few hours. It is important to apply an antibiotic ointment to reduce any swelling or discomfort in the treated area.
- To reduce the swelling and inflammation, you can apply cold compresses to the treated area.
- If you experience strong edema, you can apply a cream with cortisone, followed by a vitamin K cream to improve the fine crusts visible on the skin.
- To keep your skin protected from post-inflammatory hyperpigmentation and disguise the crusting, the application of sunscreen 5 times per day is important. Drinking plenty of water is also important for draining the tissue.
- Once the appearance of crusts is significantly reduced, you can cover them with a mineral based foundation.

## Benefits of Plasmage® compared to laser treatments:

- One significant difference between Plasmage® and laser treatments is that most lasers cannot be used around peculiar areas like eyes as they can damage the area. Plasmage® has a completely different technology (Fractional Plasma® technology) that quickly heals the treated area around the eyes.
- Treatment with Plasmage® is safer with fewer side effects than laser treatments. The tip of the device is disinfected and cleaned from patient to patient. So, there's no risk of infections.

Other benefits of Plasmage® include:

- Treatment of eyelids with more precision and efficacy.
- Immediate results
- Portable and reliable device
- Parameters of the device are according to medical European and International standards.

## Are there any side effects of Plasmage®

There are very few adverse side effects of Plasmage® as it is safe, effective, and has minimal downtime. You can experience:

- Swelling
- Mild discomfort
- Burning sensation
- Post-inflammatory hyperpigmentation.

All these side effects can be treated with topical creams containing vitamin C and lactoferrin, and sunscreens.

## How much the Plasmage® treatment cost?

The cost of Plasmage® treatment depends on the number of sessions you want for full rejuvenation of the eyes. It depends on the practitioners whether they charge per session or after complete treatment. In Portugal, the standard cost of the Plasmage® treatment ranges from 400-600 Euros.

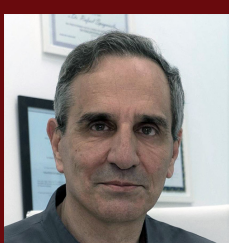
## Who can be treated with Plasmage®?

The Plasmage® treatment can be applied to many patients, but patients who can benefit from Plasmage® are those who have eyelid hooding of upper and lower eyes (Blepharoplasty®). Patients with wrinkles, lentigo, xanthelasma, and acne scars can also opt for Plasmage®. Both men and women of different ages with the relevant issue (flaccidity in the eyelids) can go for Plasmage®.

## Conclusion

Plasmage® is a portable, class 2B device for non-invasive microsurgery of the droopy eyelids (Blepharoplasty®) manufactured in Italy. The simple screen of the device is easy to handle and to perform by medical professionals. For Plasmage® treatment, the skin is numbed with an anesthetic cream, and the device is hovered over the skin. The device uses Fractional Plasma® to sublimate the skin tissue, which results in skin tightening, removal of wrinkles around the eyes, and eye-lifting. The procedure comes with no major side effects and is safe and effective than laser treatments for such delicate areas.

# PLASMAGE®: THE NEWEST INNOVATION IN MEDICAL AESTHETICS



**Dr. Rafael Spagnuolo**  
Spain

*Aesthetic/Plastic Surgeon  
at Clínica Estética Marbella,  
Malaga - Spain*

*Academic Co-Director  
for the Master in Aesthetic  
Medicine at University  
of Malaga, Spain*

**W**hen it comes to cosmetic surgery, many people prefer non-surgical methods compared to surgery to prevent scarring. With such great advancements in science and medical technology, there have been many such instruments that are indeed a dream come true for many people desiring skin rejuvenation. Among all the new inventions, Plasmage® has had truly been the finest and successful innovation in medical aesthetics.

Dr Rafael Spagnuolo started to use plasma pen since 2015 and then decided to move to Plasmage® since 2018 after understanding the multiple advantages of the device, and in the last 8 months of practicing with the device in Spain, the doctor has had almost 200 patients.

This blog will share the contribution of Plasmage® different cosmetic procedures performed by Dr. Spagnuolo.

### **What is Plasmage®?**

Plasmage® is a highly advanced class 2B medical device used for removing the extra tissues around the eye region with the help of plasma. Plasmage® works on the principle of sublimation. It reaches such delicate areas of the skin where the exposure of the laser is not reachable.

It is widely popular in many different aesthetic surgeries such as blepharoplasty as it is extremely easy to manage and can eliminate;

- Hooded eyes
- Moles, warts, pigmentation lines.
- Saggy skin.
- Lines around the mouth etc.

Since Plasmage® is derived from plasma, therefore, its functions the same way. When the skin comes in contact with the tip held 1-2mm away from the patient's skin. The process of sublimation takes place, which causes ionization of gas molecules that further causes evaporation of the epidermal layer of the skin. The procedure is only limited to the upper layer of the skin.

The working of Plasmage® is far different from the laser. After its usage, a layer of desiccated tissues epidermal layer works as a natural dressing. This layer falls off after 3-4 days, and a recovery period is initiated, which is usually very fast. In most cases of Plasmage®, depigmenting creams are not used prior to the treatment.



## What sets Plasmage® apart from others?

Plasmage® is safer to use as it only deals with the uppermost layer of the skin without causing any damage to the in-depth tissues of the skin. It facilitates the production of collagen. Apart from this, Plasmage® does not cause any bleeding or burn and requires very simple anesthesia (in most cases, lidocaine-based cream). In cosmetic surgeries like blepharoplasty, it is widely used as it helps alleviate flaccid eyelids and tighten the saggy skin. Not only this, the device helps improve the appearance of different scars on the body, like stretch marks or post-surgery scars.

Another amazing factor about Plasmage® which sets it apart, is how the results start appearing after a single session, making this device very trustworthy and successful. It helps restore patients' confidence without any surgical interference, which is the primary reason for its popularity.

## Application of Plasmage® in different cosmetic procedures

If you are experiencing a lack of confidence due to fine lines, wrinkles, and drooping eyelids, then blepharoplasty® by Plasmage® is the best option for you!

Plasmage® is a versatile device as it functions well with all skin types ranging from thick to thin. It has been chiefly successful in all such cosmetic procedures involving delicate areas of skin. Plasmage® offers very few side effects than a laser; therefore, it is preferred mainly by aestheticians for cosmetic reasons.

Let's take a look at Plasmage® contribution in Dr. Rafael's different aesthetic procedures;

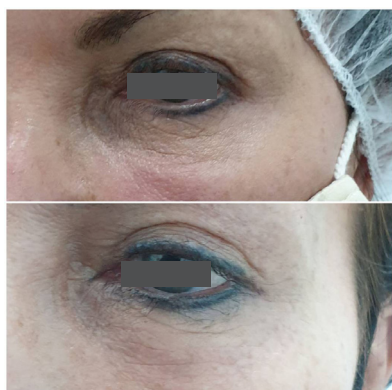
Plasmage® waves are a lifesaver when it comes to treating patients with thin skin. If you look at the pictures, you'll see how the patient has heavier skin around her eyes. Plasmage® is a great source of help comparatively than plasma pen as it helps to eliminate the heaviness in the upper eyelid and lines delicately. The results were obvious after the first session, and the patient was very much satisfied with them. This proves that Plasmage® is actually successful in treating all skin types.

### Patient with Previous Record of Surgical Blepharoplasty

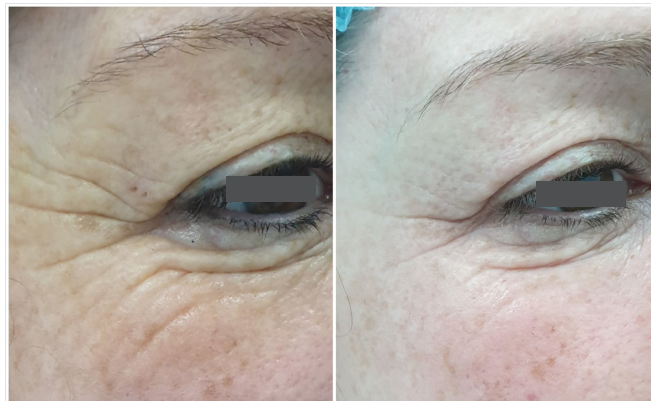


When a patient with a previous record of blepharoplasty and a very much visible scar was presented to the doctor, the patient's canthi were flaccid along with thin skin. The Plasmage® was successful in lifting the eyelid and alleviating the fine lines below the eyes. With a single session of this device, the scar of the patient's past surgery was eliminated, restoring her confidence that you can see in the picture.

### Patient with Moderately Thin Skin



### Patients with Thick Skin



When patients with thick skin appearing as cobblestone are treated with Plasmage®, the results were remarkable, as seen in the image. With the help of surgery, only the upper eyelid would have been treated, but improvement of delicate areas like contraction of periocular orbicularis Orbis through thick skin retraction is highly needed. This can only be achieved by a single session of Plasmage®. The results usually appear after two weeks of the session. Patients reporting high inflammation are usually treated with cortico local therapy, which reduces the inflammation and soothes the healing.

### Patient with Wrinkled Skin



A patient with a lot of skin damage and wrinkles is presented to the doctor. At first, the patient was thought to have just an eye bag with no such bony fat. She is treated with ultra-periosteal deposits in the sulcus and hyaluronic acid filling along with Plasmage. Such a patient with that much skin damage is generally given four sessions in one month. The lifting effect is caused by botulinum toxin. After a prolonged five-year follow-up, a retraction not only leads to the vascularization of tissue due to heat damage. Such types of skin rejuvenation are usually performed with the help of Plasmage®, as it is the only tool. Due to the thermal damage caused by the Plasmage®, the generation of new collagen starts.

### Conclusion

Plasmage® holds a very special place in the hearts of many patients and aestheticians due to its remarkable performance. Even many doctors prefer Plasmage® to plasma pens for its high precision of the plasma energy arc, its precision of the impact, and rapidity of the treatment which makes it very easy to manage and it's a fast response. It is very much reliable, and patients are satisfied with Plasmage® than any other medical tool. Not only this, Plasmage® offers fewer adverse effects than a laser; thus, it is very safe to use on various delicate areas of the skin. All of the above reasons indicate that Plasmage® is the new future of cosmetic surgery!

# EVERYTHING YOU NEED TO KNOW ABOUT BLEPHAROPLASMA® FROM A PLASTIC SURGEON'S POINT OF VIEW



**Dra. Joyce Zeballos**  
Peru

*Plastic Surgeon, specialist  
in Aesthetic, Plastic and  
Reconstructive Surgery  
Private Practice  
Magdalena del Mar  
Peru*

Over the recent years, Plasmage® has been quite successful in treating the delicate areas of skin. Not only this, Plasmage® was able to improve and enhance one's face skin quality by making it appear more hydrated and healthier. Dr Joyce Zeballos conducted different experiments to study the complications concerning the use of Plasmage® in different plastic surgeries, allowing to compare blepharoplasma® with blepharoplasty.

Whether it is blepharoplasty or blepharoplasma®, the patient's care and expectations should be a surgeon's utmost priority. Even with non-invasive treatments complications can occur, but which are usually temporary. If these complications are not treated carefully, there can be some serious problems. Let's have a look at all the factors one should be aware of when it comes to blepharoplasma® using Plasmage® from a plastic surgeon's point of view.

### **What is Blepharoplasma®?**

Plasmage® has revolutionized the cosmetic industry. In blepharoplasma®, Plasmage® helps in treating eyelids that appear saggy or droopy. This condition occurs due to aging, or in some cases, it is hereditary.

Drooping eyelids are eliminated by reducing the excess skin accumulated in both the upper and lower eyelid using Plasmage®. Patients with a history of blepharoplasty (no excess skin) are treated with an anti-wrinkle protocol. In the case of patients with an extra amount of skin under the lower eyelid, blepharoplasma® is recommended. But if the patient comes in with plenty of excess lower eye bags, blepharoplasty is a better option, not Plasmage®.

For blepharoplasma®, a single session is usually performed each year, but it mostly depends on the patient's diagnosis. The major difference that lies between blepharoplasma® and blepharoplasty is the treatment result duration. The treatment lasts longer as the excess skin is removed entirely in blepharoplasty. As for blepharoplasma®, thanks to the unique Fractional Plasma® safety, it is possible to improve the quality of the skin without age limits, it is indicated for younger patients who do not have too much excess skin.



## Indications for Post-Blepharoplasma® treatment

Following indications enlisted below are necessary during blepharoplasma® treatment;

- Cold boil water for cleansing: From the fourth day onwards, start using cold water twice a day and soap.
- Use a tropical epidermal regenerator thrice a day: Use de-pigmenting agents like Tranexamic acid and let it absorb for 3-5 minutes. Use a high SPF 50+ for sun protection.
- Allow the scrub to fall off naturally, on its own: You can use Vaseline or similar ointments that can help facilitate the scrub removal.

## Possible complications to consider during treatment

Cosmetic surgeries are no piece of cake. They are needed to be administered carefully. Following complications and things are essential to be considered after blepharoplasma® treatment.

### - Patient examination

The patient should be examined carefully by keeping their expectations and requirements in mind and record. For blepharoplasma® Plasmage®, the patient's age plays a significant role: usually, younger patients do not prefer surgery due to the excessive recovery period and swelling while older patients are not always allowed by their cardiologists to enter the operating room, and lastly, there are those patients who already underwent surgery and present again flaccidity in their upper and lower region of the eyelid.

### - Post inflammation

After the treatment, a few predictable complications occur. As you can see in the image, these complications include post inflammation, post-inflammatory pigmentation, and edema.

These can easily be treated within a few months. There are some essential protocols in this kind of patient with that much post-inflammatory pigmentation. Post Plasmage® and regenerators are generally used in this kind of case. Epithelium regenerators, along with a treatment called MELAN OFF, are performed. This treatment helps eliminate excessive pigmentation and restore the skin's natural pigment. Secondly, medications like kojic acid, azelaic acid, and arbutin also facilitate the procedure. In some cases, Pico laser can also be used to reduce hyperpigmentation.

### - Surgery restriction by cardiologists

Thorough research about the patient is a priority as it will help diagnose the patient. For example, when a patient is not allowed to go for surgery by their cardiologists; such patients need to be dealt a little differently. They are asked to have moderate expectations. Even though the skin improvement is extraordinary with enhanced collagen formation, flaccidity is eliminated, skin



is hydrated and much healthier. The image is the best example of this. Under normal conditions, an operation would have done that all.



Another patient, too, was prohibited by her cardiologists. Due to this, a discussion was made



between the surgeon and her family, which led them to have moderate expectations. Plasmage® was the best option in this case, as it keeps the pigmentation optimum and prevents the skin from getting injured.

With this patient, the treatment of the lower eyelid was taken to a great extent. This picture was taken after a week from her Plasmage® treatment. The crow's feet and creases were solely done by Plasmage® with no use of botulinum toxin. The scab is naturally removed after one week with Plasmage®. In a few other cases like this, the patient requires surgery as a little bit of fatty eye bag can be seen. This eye bag can be eliminated by blepharoplasty, not Plasmage®. The only thing we could do is skin retraction in the lower eyelid. The success can indeed be seen by the after image profile. The crow's feet have remarkably improved. A person might mistake it as make up, but in reality, MELAN OFF was performed, which enhanced the skin quality. As for the blepharoplasty®, the preset power is used without altering the settings.



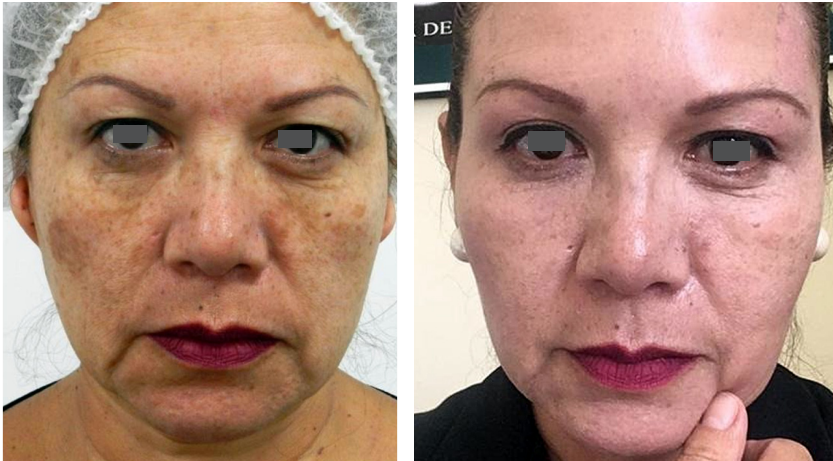
An important observation that needs to be taken into account when treating younger patients is to make some maneuvers: the surgeon should check whether younger patient presents fat or excess skin bags as Plasmage® is more indicated for skin retraction. In the case of fat bags, blepharoplasty is the best option. This female patient shown above presented only excess skin under the eye that's why the treatment was done by Plasmage®.

#### - Patient skin calmness:

For this patient, the before and after are clear evidence of the change in the quality of the skin. The patient has been done with two sessions of Plasmage® right below, and it is still swollen. The reason is that there has been no usage of corticosteroids post Plasmage® as inflammation is the key to good retraction. But in patients like phototype 5, they are immediately applied with corticoid, and later at home, they are given an epithelium regenerator or a MELAN OFF. All of this helps to calm the nerves of patients.



Here is a patient with phototype 4 presenting natural hyperpigmentation, melasma with nevus, ruby nevus, and keratosis. The patient was treated for everything. The patient has inflammation in both the upper and lower eyelid during the first day post treatment. But after the fifth day of the treatment, little scabs can be seen around the brows, but the inflammation was completely reduced.



Another patient in her third day post Plasmage®. Her skin was retracted and will be retracted for some time, along with collagen formation. Type 2 collagen production will keep on forming until the third month. No nasojugal filler was used as it was not needed.



## Conclusion

In conclusion, it is essential to examine the patient carefully and assist them according to their expectations. There are different procedures for different problems. In the case of pregnancies, Plasmage® usage is not recommended as it can interfere with hormonal imbalance. However, Plasmage® is not harmful to the operator in any way.

Plasmage® does not require eye protectors as compared to lasers. When a CO2 laser is performed above the eyeball it becomes very much uneasy for the physician in most cases. On the other hand, Plasmage® it has demonstrated to be safe, precise, and efficient on delicate areas.

# PLASMAGE<sup>®</sup> AS A GOLD STANDARD FOR TREATING WRINKLES, FINE LINES AND DEEP LINES IN THE PERIORAL AREA



**Dra. Ana Molteni**  
Argentina

*Clinical and Aesthetic Dermatology  
Adjunct Professor of Dermatology  
Department and Coordinator  
of the Specialization Course  
in Dermatology at National  
University of  
Rosario - Argentina*



**P**lasmage® has become the go-to-device for treating sensitive areas of the skin, especially eyes. Tightening the areas under eyes and reducing the fine lines around the eyes are some excellent results of Plasmage®. But does Plasmage® treats areas of the skin other than the eyes? The answer is YES, the Plasmage® treatment has been extensively used in treating the fine perioral lip lines on the face. People with different skin conditions like seborrheic keratoses, warts or lesions on the skin, hyperpigmentation, and dyschromia can also benefit from Plasmage®.

In this article, Dr Ana Molteni has shared her experience with two patients requiring the Plasmage® treatment for improving the appearance of wrinkles. But first, let's have a look at the "exact" causes of wrinkles formation.

### **Why wrinkles and fine lines appear on the skin?**

Your skin is the most extensive yet the most exposed organ of the body. With the advancing age, your skin becomes more vulnerable to damage caused by many factors. The inevitable part of the aging process that makes you look older is the appearance of fine lines and wrinkles on the skin. Wrinkles and fine lines on the face can evolve as a result of intrinsic and extrinsic factors.

**Intrinsic Factors:** these factors are genetically determined and appear as a result of natural aging process and result in collagen degradation. This leads to dry and thin skin with fine lines and wrinkles.

**Extrinsic Factors:** extrinsic factors include exposure to the sun, tobacco, pollution. These factors represent 80% of the signs of skin aging and are responsible for thickening of the skin, loss of elasticity, coarse wrinkles and rough texture.

### **Plasmage® for treating wrinkles in perioral areas**

The Plasmage® is a non-surgical and non-invasive treatment that has rejuvenated the skin of many patients with long-lasting results. Plasmage® uses fractionated plasma to sublimes the skin to contract the collagen. This results in more collagen production and cell renewal, resulting in the disappearance of fine lines and wrinkles. The fractional plasma allows patients to be treated quickly with the advantage of having less down time than surgery. The operator can adapt the energy to the treatment protocol whilst ensuring a high level of safety and a perfect control of the spot.



Plasmage® has found its applications in treating:

- Hypertrophic scars
- Dyschromias
- Acne scars
- Wrinkles and fine lines
- Seborrheic keratoses
- Fibromas
- Xanthlasma

According to Dr Ana Molteni, a patient's medical history is important before starting the skin treatment with the Plasmage® device because it is necessary to examine the skin as dermatologists. After the anamnesis, clinical examination of the skin is also an essential step where dermatologists examine the semiology of patients' skin. This is important for planning the medical practice.

### **How Plasmage® has been a life-saver in treating wrinkles?**

In this section, we will discuss the contribution of Plasmage® in two patients of Dr Ana Molteni. Before that, it is important to know that the procedures with Plasmage® are performed in doctor's office and must be carried out by a trained medical professional.

#### **Patient with actinic lentigines**

Plasmage® has really been an advanced tool for treating patients with major dermal and epidermal changes. So, this patient, shown in the picture, was 60 years old and had arterial hypertension. The patient's previous history of the skin treatments was botulinum toxin, and this time, the patient wanted an improvement in her fine lines and wrinkles present around the perioral region with a minimally invasive treatment like Plasmage®.



The procedure was initiated by applying an anesthetic cream on the skin for about an hour. The Plasmage® full face treatment was performed as the patient exhibited elastosis, as well as actinic lentigines. As you can see in the picture, the Plasmage® treatment showed an incredible improvement in the skin quality that the skin even shined amazingly without makeup. This is how Plasmage® improved wrinkles and actinic lentigines on the patient's skin.

#### **Patient with perioral wrinkles**

This was the 2nd patient who had perioral wrinkles. The 59 year old patient had breast cancer and had undergone chemotherapy and surgery of the breast. The patients did not develop perioral wrinkles because of photoaging, but the signs of intrinsic aging were obvious on her face. The patient did not want her perioral wrinkles to be so obvious.

So, Dr Ana Molteni decided the treatment plan for this patient. Since the patient had slight edema, epidermal abrasion, and some hematic crusts, the Plasmage® treatment could be performed in different ways. For example, we can use collagen biostimulators such as calcium hydroxyapatite during the treatment or we can associate Plasmage® with polyoxadone threads.



### INCREDIBLE RESULTS OF PLASMAGE®

This picture of the patients shows how the Plasmage® treatment modified the epidermis.

The results were satisfactory for the patient because perioral wrinkles were significantly removed.

### Plasmage® treatment after-care

The results above shown are after 30 days for both patients. The following are some after-care tips that patients must follow to have obvious results:

- It is advised to never pluck the micro-crusts as they can leave scars on the skin. They will automatically shed within a few days.
- After the Plasmage® treatment, wash your face with a syndet rather than soap.

- Try not to rub your face with a brush or sponge. Dry your skin gently.
- Apply an emollient that is water-based, compatible with your skin, and has a neutral PH 5.
- Apply a sunscreen from the time you starting losing the crusts.
- How Plasmage® Is Better Than Other Procedures?
- Here's what makes Plasmage® different from others:
- Plasmage® is the safest procedure with no downtime and contraindications.
- It is best for treating hypertrophic scars, acne scars, fine lines, and wrinkles.
- The treatment only requires two to three sessions.
- The results are observed after one month and last for up to a year, and sometimes, extend beyond one year.
- Plasmage® comes with no side effects. You'll experience only a slight post-inflammatory pigmentation that goes away within a few days.
- Plasmage® can be used in combination with other procedures, including biostimulators, mesotherapy, hyaluronic acid, botulinum toxin, and chemical peeling.
- Unique Fractional Plasma based device.

### Conclusion

Not only, Plasmage® has proven its importance in treating eye concerned issues, but also contributed to the skin rejuvenation in the perioral region. It has successfully treated fine lines and wrinkles in patients who had perioral wrinkles and actinic lentigines. The results were satisfactory and the patients were very happy about the results.

# USE OF PLASMAGE® IN BENIGN SKIN LESIONS



**Dra. Julieta Frega**  
Chile

*Surgeon Specialized in Aesthetic  
and Anti-Aging Medicine  
BioBelle Chile Clinical Medical  
Director  
Santiago, Chile*

**H**ave you been struggling with benign skin lesions and using different skincare products to reduce their appearance? It might feel challenging to look for skin rejuvenating products to remove those lesions on your skin. But the thing is: almost all skincare products and even some aesthetic treatments come with potential side effects, leaving scars on your skin. Well, your problem can be solved with the innovative technology that is easy to handle and can treat different skin problems without causing any side effects on the skin. This technology is popularly known as Plasmage®.

In this article, we will talk about the use of Plasmage® in treating different types of benign skin lesions from the reference of Dr. Julieta Frega.

### **Patient with intradermal nevus**



The patient shown in the picture was treated by Dr. Julieta Frega for the removal of intradermal nevus. Before this, the patient wanted other procedures like liposuction for removing double chin and bichectomy. The patient had a classic mole, called intradermal nevus on left side of his face.

The Plasmage® treatment was used to remove the mole and as you can see in the second picture, the mole was removed without leaving a scar. That's the beauty of the Plasmage® treatment that it will safely treat the area without leaving any scars, pain, and bleeding. Also, Plasmage® does not cause any post-treatment complications or pigmentation at the treated area.

### **How the Plasmage® treatment was performed?**

The nevus or fibromas are treated with plasma energy to be removed. It is important to note that the main concern while performing the Plasmage® treatment should be the lesion, not the healthy skin. The following are the two ways that Dr. Julieta Frega followed to target the lesion and not the healthy skin:



### 1ST WAY:

1. Application of infiltrative anesthesia on the lesion.
2. Using the Plasmage® device that has a fine tip to deliver the plasma energy right on to the lesion.

### 2ND WAY:

1. Reaching the healthy skin by working on the highest part of the lesion.
2. Sublimation of the lesion until it starts disappearing and healthy skin is prominent.

### Patient with multiple fibroids



In Chile, fibroids or acro cords are very common in people and occur in the face, back, and neck. Multiple fibroids can be uncomfortable and irritating for people, especially those that occur in the line of implantation of eyelashes. Besides being uncomfortable, these fibroids look unpleasant on the face.

The patient, as shown in the picture, had multiple fibroids around the eyes area. The treatment could also be done in the two ways similar to the previous case. The infiltrative anesthesia would be applied in both ways. The first way to remove the lesion is to target the lesion by applying plasma energy and lifting it or holding it and shaving the base of it. In the second way, the highest part of the lesion will undergo sublimation.

The above image was taken right after the Plasmage® and as shown in the picture, the scabs or tiny crusts are visible on the skin around the eyes. It is important to note that a patient should not pluck these tiny crusts because they start shedding automatically within a few days. The average days for scabs to fall off are 7 days.

### Were there any complications?

No, the patient did not have any type of complications, only those tiny crusts that will shed off on their own. The patient did not experience any inflammation, bleeding, erythema, and redness in the area. The patient did not lose any eyelashes.

This proves the safety of Plasmage® that can be treated on the delicate areas of the face, such as eyes, without causing any side effects.

### Patient with seborrheic keratosis



This patient had multiple black and brown seborrheic keratosis lesions all over her face, The



patient had hypertension, as well as diabetes. The patient had previously visited dermatologists to remove her lesions with other treatments, but the results were not satisfactory as the lesions returned within a few months.

So, the Plasmage® treatment was performed on every fibroid lesion in the face. Before the treatment, Dr. Julieta Frega applied prescription topical anesthesia for 30 minutes. The concentration of the anesthesia was Lidocaine 25% , Tetracaine 10%, Prilocaine 10%.

After the treatment, the patient was recommended to use peptide-based cream and sun block to favor the healing process and protection of the skin. After nine months (where this control photos were taken), the patient was very happy about the results because lesions did not return. The precision of Plasmage® treatment was very good that has given many aesthetic professionals the security to perform treatments safely.

### **What is after care like?**

After the Plasmage® treatment:

1. Dermatological regenerative cream must be applied on lesions three times a day for 15 days.
2. Sun screen should also be applied to favor the fall off of tiny scabs on the skin.
3. It is important to take good care of the face after treatment, such as not touching the scabs.

### **For what kind of lesions Plasmage® can be used?**

The following are some benign lesions that can easily be treated with Plasmage® without leaving a scar:

1. Seborrheic keratosis

2. Intradermal nevus
3. Fibroids on the skin
4. Skin warts
5. Miliun cysts
6. Sebaceous hyperplasia

### **Conclusion**

Plasmage® has become an innovative tool in the aesthetic industry for treating different skin areas. Plasmage® can effectively treat lesions, fibroids, warts, miliun cysts, and seborrheic keratosis without leaving any scars and causing any complications. The only thing that is important to note is that scabs or crusts take time to shed off. The average shedding time for these crusts is maximum 21 days for big lesions. After 21 days, the affected skin is replaced with healthy new skin, giving you the satisfactory results, you've always wanted.

Also, it is important to note that after the Plasmage® treatment, peptide-based cream and sunscreen should also be applied on the skin to speed up the healing process of the skin.

# MANAGEMENT OF SCARS AND STRETCH MARKS WITH PLASMAGE®



**Dra. Joyce Zeballos**  
Peru

*Plastic Surgeon, specialist  
in Aesthetic, Plastic and  
Reconstructive Surgery  
Private Practice  
Magdalena del Mar  
Peru*

**T**he Plasmage® treatment has found its spectacular applications for shrinking stretch marks and reducing the appearance of scars on the body. Now, people are heading towards non-surgical options for treating a number of different skin conditions and till now, the best option they've found is Plasmage®, which provides immediate and long-lasting results.

If you want to reduce the appearance of your stretch marks without surgery and any adverse complications, you should consider Plasmage® for better results.

### **What are stretch marks?**

When your skin stretches or shrinks rapidly as a result of weight gain or growth, it results in the development of stretch marks. Stretch marks are also known as striae distensae or striae rubrae. When abrupt changes occur in the skin, it tears the collagen and elastic fibers and these fibers are responsible to support the skin. When the skin heals, it leaves behind scars known as stretch marks. Stretch marks are mostly common in women during pregnancy. They aren't harmful and painful, but they can make patients feel distressed about the way they make their skin appear.

Stretch marks commonly appear on thighs, hips, stomach, face, and breasts and show up as thin, long, and rippled bands of parallel lines. Stretch marks also appear in darker colors and convert into off-color hue over time. Stretch marks treated with surgical procedures often leave the skin inflamed and painful.

### **The Plasmage® treatment**

People who aren't ready for surgery or consider it risky are opting for Plasmage® treatment – an innovative, non-invasive technology that has shown many benefits to people with skin concerns. The Plasmage® device works by generating Fractional Plasma® and delivering it to the skin. The device doesn't directly touch the skin; rather it hovers over the skin to initiate the sublimation process.

Dr. Joyce Zeballos has been using Plasmage® treatment for treating stretch marks with the Scar pre-set program. In this regard, it is important to note that white stretch marks cannot be treated because they're entirely healed. So, if the stretch marks are only to be treated with Plasmage®, they shouldn't be completely healed. It is recommended to combine with other technologies to achieve a better result. Rather, when the internal zone of stretch marks is inflamed followed by the re-pigmentation of scar makes it easier to treat stretch marks during this stage. Re-pigmentation will cause inflammation to initiate the production of collagen. The skin is also shrunk

a little bit. For example, if a stretch mark is 10cm in size, the skin around the stretch marks will be reduced to 8cm.

### Patient with scar



The first patient, whom Dr. Joyce Zeballos treated, presents multiple scars all over her face due to a traffic accident.

After 90 days, the patient had no scars left on her face, the scar on the forehead is almost unnoticeable as you can see in the picture.

### Patients with stretch marks

Two Plasmage® treatments (blepharoplasty®) with Pico laser in between the two treatments were performed to treat gluteus stretch marks. The result is after 180 days.

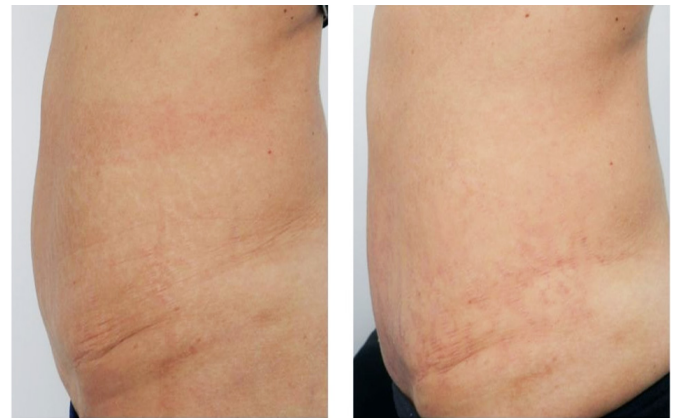


In the following picture, the patient presented flaccid skin and stretch marks on the abdomen.



The patient had a history of multiple pregnancies. The stretch marks were first inflamed and shrunk to make them red again. In this way, collagen production is accelerated in the area to be treated. Only one session of the Plasmage® treatment was given to the patient, during which Dr Zeballos experienced that larger red stretch marks were replaced with smaller red stretch marks. Smaller red stretch marks disappeared gradually thus attenuating stretch marks a lot. This result is after 90 days from Plasmage®.

As you can see in the last pictures, only one session of Plasmage® reduces the appearance of stretch marks significantly. Compared to Co2 laser treatment, Plasmage® can better shrink the stretch marks.

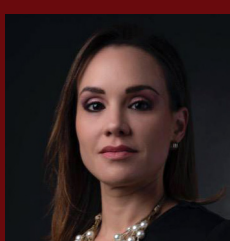


## Conclusion

Plasmage® has revolutionized the aesthetic industry by incredibly treating different skin areas. Stretch marks are a common problem among women, especially pregnant women. Since white stretch marks are completely healed, they won't disappear. Before the Plasmage® treatment, stretch marks are first inflamed to make them red again.



# PREVENTION AND MANAGEMENT OF POST INFLAMMATORY HYPERPIGMENTATION



**Dra. Mariela Hidalgo**  
Costa Rica

*Dermatologist  
Clinical dermatology  
Aesthetic Dermatology  
Private Practice  
San Pedro, Costa Rica*

**P**lasmage® has been quite successful in treating delicate areas of skin but it offers a few side effects and complications too. These side-effects are often benign and can easily be resolved if managed carefully. That's why we need to be aware of these complications before treating a patient.

Among different side-effects and complications, post-inflammatory hyperpigmentation is the most common one. It is crucial to know that it can arise in any part of the body. But first, it is essential to know what is post-inflammatory hyperpigmentation and why does it arise?

### **What is Post Inflammatory Hyperpigmentation (PIH)?**

Post-inflammatory hyperpigmentation is the hyperpigmentation of the skin region in the form of brown macules where hyperpigmentation occurs. PIH usually is more visible and affects people with darker skin tones. PIH happens after a cosmetic treatment involving laser or chemical peeling. But the chances of having PIH after Plasmage® treatment is low but not zero.

Inflammatory skin lesions like psoriasis Vulgaris, lupus, and erythema, along with surgical procedures like micro-needling, lasers and chemicals contribute to PIH.

### **How does Post Inflammatory Hyperpigmentation (PIH) occur?**

Inflammatory mediators are the messengers that initiate hyperpigmentation response. These mediators including cytokines and others will be released prior to the hyperpigmentation causing the melanocytes to generate an abundant amount of melanin. They also cause other hyperpigmentations like pimples, hyperpigmentation, and scabs.

An important thing to know is that the chances of side effects and complications in the case of surgical procedures and lasers are very high. But with Plasmage®, these complications are very few and only occur in a few cases. Thus, Plasmage® offers fewer side effects which are resolved within weeks.

## Things to consider for the management of PIH

### SKIN REGION OF TREATMENT

In the case of PIH, it is important to know that the larger the area of treatment, the greater will be the hyperpigmentation. It is much preferable to treat a patient in different sessions rather than doing the treatment altogether in one. For example, if a patient is presented with darker palm lines, then the chances of post-inflammatory hyperpigmentation are high. Thus, such patients should be treated in a special way to prevent PIH.

However, in the case of blepharoplasty®, to avoid the risk of severe hyperpigmentation, treatment should be started from the upper eyelid and then to the lower eyelid.

### LIVING ENVIRONMENT OF THE PATIENT

It is crucial to consider the living/working environment of patients. The working/living environment of the patient has a HUGE IMPACT on hyperpigmentation. Patients working/living in a hot and sunny climate or if they have to engage a lot with the outside, or have to spend a majority of his/their time in the kitchen then necessary preventable measures should be taken. As heat will most likely contribute to more hyperpigmentation. Such patients' skin is prepped with different depigmentation creams with master formula;

*Hydroquinone 6%, Kojic acid 5%, Arbutin 1%*

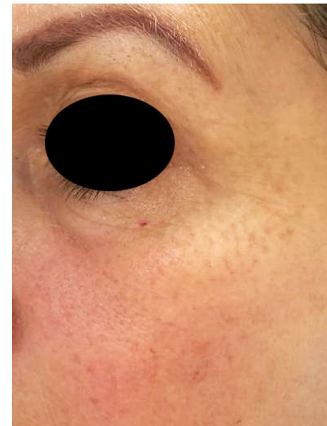
These creams are used a month before starting the procedure. As the de-pigmentation elements are quite irritating and a high tolerance level is required to endure them.

### USE OF SUNSCREEN

Another important thing to prevent post-inflammatory hyperpigmentation is to use sunscreen right away to reduce the stimulation caused by ultra-violet light. A patient should always be aware of the possible complications

and adverse effects throughout the treatment. Apart from this, during the treatment, topical anesthetics are used for infiltrating anesthesia in large areas as it leads to lymphatic drainage blockage temporarily.

Patients are advised to use mineral sunscreen as it offers less irritation, and reduces hyperpigmentation and hyper-pigmentation. Physical sunscreens like summer hats and sunglasses are also beneficial in protecting against UV light rays. The use of cell phones, laptops, and all other blue-light devices is prohibited as they can elevate the chances of severe hyperpigmentation.



A patient was presented with light hyperpigmentation due to increase sun exposure. She was provided with sunscreen (every 3 hours), vitamin C and Azelac Ru Hs.

### AVOID CHANGING SETTINGS OF PLASMAGE®

Changing the presets of Plasmage® can be very risky, as it can be too harsh for the skin. The usual setting of Plasmage® is not only safe but it reduces the risk of complications. After the treatment, antibiotic creams are applied which are steroids of low potency and offer sun protection too. These creams are of the formula;

*Benzocaine 30%, Lidocaine 15% and Tetracaine 10%*

Patients are provided with low-potency topical creams as well containing prednicarbates, fluticasone, and hydrocortisone.

An interesting case of a patient was presented, who received Plasmage® treatment from a plastic surgeon. The surgeon caused increased hyperpigmentation as he/she changed the settings of Plasmage®. Later on, this patient was treated with peelings of glycolic acid (35%). She went through with 10 sessions, sunscreen every three hours. All of this showed an improvement rate of more than 90%.



Another case was presented caused by changing the settings of Plasmage®. This patient had scarring and hyperpigmentation. She has been treated for over two years with peelings, Azelac Ru Hs, and hydroquinone 4%.



## AVOID PICKING PIMPLES

Soap derma cleanser works best in soothing the treated area. In addition to this, avoid touching the inflamed area like poking the pimple, and

picking the sabs as it can lead to scarring and can cause hyperpigmentation. The pimples and scabs will last for about 4-7 days. These are usually treated with depigments like Arbutin, Vitamin C, and Kojic acid. Azelaic Ru Hs is most widely used in Costa Rica as it contains elements that help in reducing hyperpigmentation like azelaic acid and glycyrrhizin acid. These are costly but they are much efficient and less irritating.

If after two months, a patient still shows increased hyperpigmentation and hyperpigmentation. In such a case, the formula s changed to;

*Hydroquinone 4%, retinoic acid 0.05%, kojic acid 3%*

This formula is used about three to four times a week along with Azelaic Ru Hs. Phenol, glycolic peelings, azelaic acid, and lactic acid are also favorable such cases. Fractionated cool laser with a wave of 10-65 can also help reduce hyperpigmentation. Protector usage every 3 hours and oral intake of tranexamic acid 500mg for 5-8 months, is recommended. The patient should also be tested for any coagulating antecedents.

## Conclusion

These factors are very important to consider while treating patients with Plasmage®. Mis-handling any of these can cause the patient's skin to be highly inflamed with hyperpigmentation and scarring. Plasmage® is much safer to use compared to others. Changing its pre-set settings should be avoided at all costs.





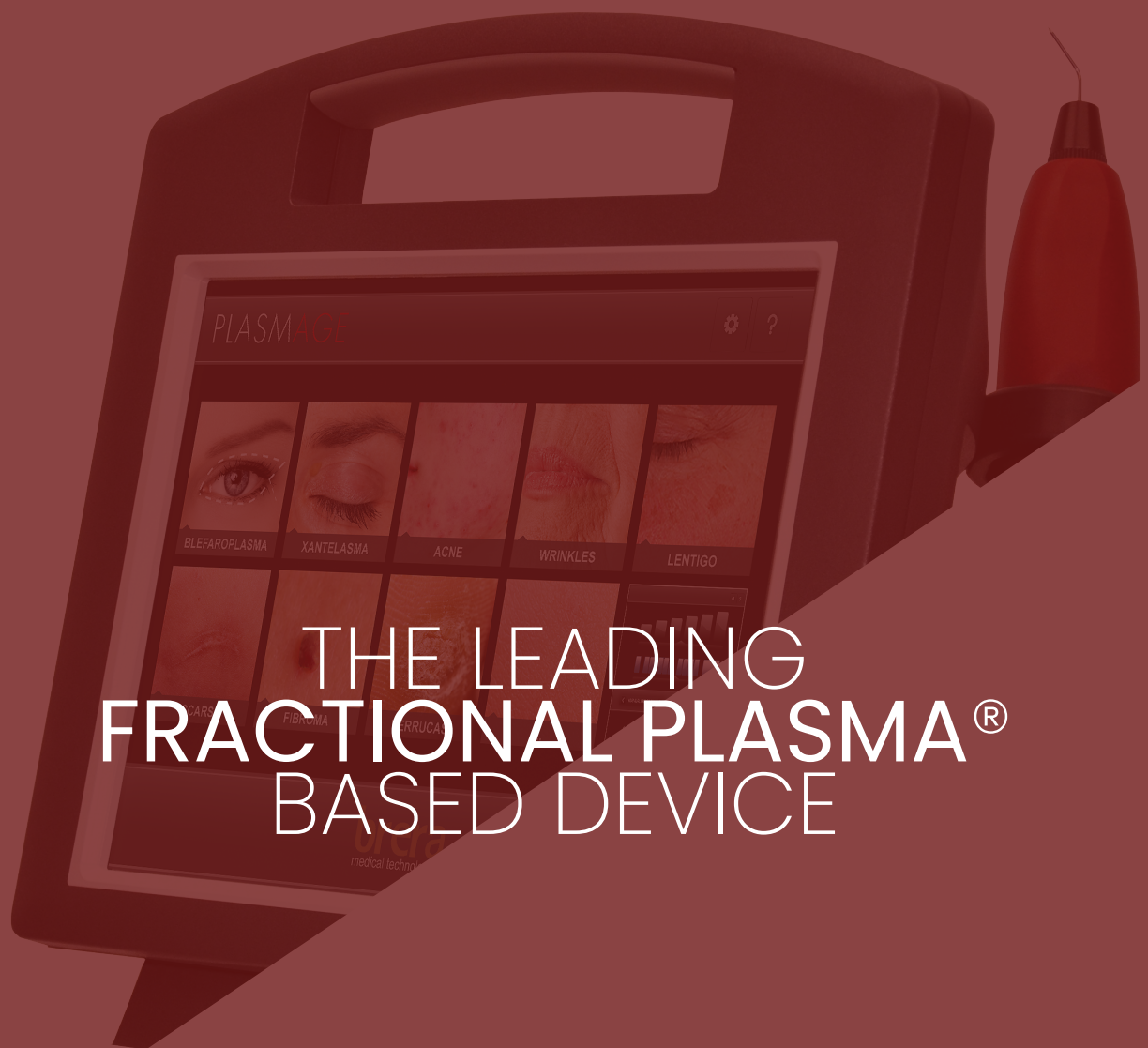
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