



PATIENT RECOVERY GUIDE

J-Plasma (Renuvion) Aftercare Instructions

Your personalised recovery guide following J-Plasma (Renuvion) skin tightening with Dr. Nazmi Baycin, Dubai.

PROCEDURE	PATIENT	DATE OF SURGERY	FOLLOW-UP
J-Plasma (Renuvion)		DD / MM / YYYY	DD / MM / YYYY

Your recovery after J-Plasma is usually quick and easy, with only three to four days of typical downtime. The incisions are tiny and the sutures dissolvable, so there is little to manage — take things gently at first, wear any compression garment as directed, and protect the treated skin. Best of all, the tightening you see now keeps improving over the following months as your collagen rebuilds.

1 The First 48 Hours

- Take it easy. Rest and avoid strenuous activity for the first few days while the skin settles.

Compression garment. If a garment is provided for a body area, wear it as directed to support the tightening.

Protect the incisions. Keep the tiny incisions clean and dry, following the aftercare guidance given.
- Medication. Take prescribed pain relief and any antibiotics exactly as directed.

Soothe swelling. Mild swelling and bruising are normal early on and settle within days.

Protect treated skin. Avoid sun and heat on the treated area while it heals.

2 Recovery Timeline

- DAYS 1 – 4

Early healing. Mild swelling, bruising or discomfort, eased by medication. Typical downtime is just 3–4 days. Take it gently.
- WEEK 1 – 2

Back to routine. Most return to work and light activity within a week as swelling and bruising fade. Initial tightening is already visible.
- WEEKS 2 – 3

Resuming exercise. Avoid strenuous workouts for 2–3 weeks, then resume gradually as advised.
- MONTHS 1 – 6

Result builds. Skin continues to tighten over the following months as collagen rebuilds; with good care the result lasts for years.

“The tightening you see today is only the beginning — J-Plasma works by waking up your own collagen, which keeps firming the skin for months. Protect it, stay at a steady weight, and let the result build.”

— DR. NAZMI BAYCIN



3 Do's & Don'ts

RECOMMENDED

- ◇ Wear any compression garment as directed.
- ◇ Keep the treated area clean and dry.
- ◇ Walk gently from the first day.
- ◇ Attend every follow-up appointment.

PLEASE AVOID

- ◇ Strenuous activity in the first few days.
- ◇ Intense workouts before 2–3 weeks.
- ◇ Smoking, which delays healing and skin recovery.
- ◇ Sun and heat on the treated skin while healing.

4 When to Contact Us

⚠ Seek prompt advice if you experience any of the following

- Fever above 38°C or worsening chills.
- Increasing redness, warmth or spreading swelling.
- Discharge or bleeding from an incision.
- Severe or increasing pain not eased by medication.
- Blistering or a burn-like change on the skin surface.
- Persistent numbness or a marked contour irregularity.

5 Discharge Checklist

- ☐ Any compression garment fitted and understood.
- ☐ Pain relief and any antibiotics collected.
- ☐ Incision-care and skin-protection instructions understood.
- ☐ Follow-up appointment date confirmed.

6 Your Follow-up & Contact

24 / 7 PATIENT LINE

+971 54 749 1111

For any urgent concern during your recovery, call this number at any time.

Website — www.nazmibaycin.com

Next appointment — DD / MM / YYYY · __ : __

Operating surgeon — Dr. Nazmi Baycin, FEBOPRAS