

### PRP FACIAL PRE- AND POST CARE

#### **Pre-Treatment Instructions:**

- Avoid the following for at least 1 week prior to your procedure:
  - NSAIDS (Ibuprofen, Motrin, Aleve, Naprosyn, Aspirin)—Tylenol is allowed.
  - Certain nutritional supplements (Arnica, Ginkgo, Garlic, Vitamin E, Vitamin A, Flax Oil, Curcumin, and other anti-inflammatory nutrients)
  - Systemic Steroids (prednisone, dexamethasone)
  - Alcohol and Cigarettes
- Hydrate well the day before and the day of the procedure for ease of blood draw.

#### **On the Treatment Day:**

- Blood is drawn and PRP is processed.
- Topical anesthetic is applied to the treatment area for 20-30 minutes if needed.
- PRP is applied to the treatment area then micro-needling is performed.
- PRP is sometimes injected into specific areas as well, such as scars, if appropriate.
- There may be redness, swelling, bruising and a general “tight feeling” immediately post procedure and for a few days after.

#### **Post-Treatment Instructions:**

- Do NOT wash your face for 8 hours.
- Sleep with a new pillowcase on each time you do this procedure.
- Mild bruising, swelling and/or irritation may occur, even up to a week later. Apply ice to the area if needed.
- Avoid the use of NSAIDS (ibuprofen, Motrin, Aleve, Naproxen, Aspirin, etc.) for 5 days after the procedure (Tylenol is OK for pain relief – do not exceed 4000mg in a 24-hour period).
- Avoid the following for 1 week: oral Arnica, Ginkgo Biloba, Garlic, Vitamin E, Vitamin A, Flax Oil, Curcumin, and other anti-inflammatory nutrients, oral corticosteroids, alcohol and cigarettes.
- Eat a healthy diet and hydrate very well – at least 64 ounces of clean fresh water.
- Avoid any trauma to the skin for a week, e.g., picking or scratching, tweezing, bathing with hot water, strenuous exercise, or massage. If there is any crusting, use an antibiotic ointment for 2-3 days at least.
- Makeup may be used after 1-2 days if the area is not swollen or has any bleeding. It is recommended to use new makeup to reduce the possibility of infection.
- You may shower at least 8 hours later in tepid water. The treated area may be washed gently with a mild soap. Skin should be patted dry and NOT rubbed.
- Always use sunscreen SPF 30 or higher throughout the treatment.
- Avoid waxing, bleaching, chemical peels, or laser services during the course of the treatment. Do not use any irritants such as Retin-A, Benzoyl Peroxide, or astringents.
- Avoid any dirty environments such as hospitals, lakes, mud baths for a week.
- Avoid pets licking the treatment area and do not sleep with them for a week.
- You may use a gentle moisturizer (without alpha hydroxy acids) such as Aquaphor for hydration.