



PRP/PRF/EZ GEL INJECTIONS PRE- AND POST CARE

Pre-Treatment Instructions: *The week before*

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

On the Treatment Day:

1. Blood is drawn and PRF is processed.
2. Topical anesthetic is applied to the treatment area for 20-30 minutes if needed.
3. Filler may be injected into the areas of concern first which can be followed by the PRP/PRF/EZ Gel.
4. If we are only using PRP/PRF/EZ Gel, it will be injected into the areas of concern at this time.
5. There may be redness, swelling and bruising after the procedure.

Post-Treatment Instructions:

1. Expect mild inflammation, swelling and redness. There may be bruising in certain areas.
2. Apply Arnica gel or cream twice a day for 3 days then daily for 1 week.
3. Avoid manipulating or pressing on the treated area for 48 hours (including having other facial treatments done). If you are concerned with any lumps felt, please call the office for a follow up appointment within 48 hours.
4. Try to sleep on an incline and not on your belly.
5. Avoid any massages where you are pushing your face into a massage table.
6. Avoid the following for at least 1 week:
 - Retin A/Tretinoin or retinol containing products
 - NSAIDS (Ibuprofen, Motrin, Aleve, Naprosyn, Aspirin)—Tylenol is allowed for pain relief
 - Certain nutritional supplements (Gingko, Garlic, Vitamin E, Vitamin A, Flax Oil, Curcumin and other anti-inflammatory nutrients)
 - Systemic Steroids (prednisone, dexamethasone)
 - Alcohol and cigarettes