

PRE-TREATMENT INSTRUCTIONS FOR PRP FACIAL

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. Ensure that you have not used Acutane in the past 6 months.
3. Hydrate well the day before and the day of the procedure for ease of blood draw.

THE DAY OF THE PROCEDURE

1. Blood is drawn and PRP is processed.
2. After cleaning your face, topical anesthetic is applied to the treatment area for 20-30 minutes.
3. Rejuvapen micro-needling is performed.
4. PRP is applied topically and sometimes injected into specific areas, if appropriate.
5. There may be redness, swelling and a general “tight feeling” immediately after the procedure. Occasionally, there may be a peeling effect.

POST-TREATMENT INSTRUCTIONS FOR BEST RESULTS

1. Expect mild inflammation and redness. There may be bruising in certain areas.
2. Apply post procedure cream provided to you twice a day for **1 WEEK**. Use Aquaphor if you need additional skin hydration. You may then return to your usual skin care regimen.
3. Avoid cold cloths and ice to the treated area for 48 hours.
4. Avoid the sun and use a physical sun block daily for at least 1 week.
5. 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
6. Eat healthy and hydrate very well, at least 64 ounces of water daily.