

PRE-TREATMENT INSTRUCTIONS FOR PRP FACE LIFT

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 Accutane 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. Topical anesthetic is applied to the treatment area for 20-30 minutes if needed.
3. PRP is mixed with filler of choice and injected into the areas of concern.
4. There may be redness, swelling and bruising after the procedure.

POST-TREATMENT INSTRUCTIONS FOR BEST RESULTS

1. Expect mild inflammation 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