

# PRP FACIAL PRE/POST CARE INSTRUCTIONS

## PRE-TREATMENT INSTRUCTIONS

- For two weeks before treatment, avoid hair removal treatments like Laser Hair Removal, Tweezing, Sugaring, Waxing, Electrolysis and Tanning beds.
- For two weeks before your treatment, avoid cosmetic injections like Plasma, Botox or Dermal Fillers.
- For two weeks before your treatment, avoid any skin treatments aka Chemical Peels or Microdermabrasion.
- One week prior to treatment discontinue topical products containing Salicylic Acid, Retinol, Vitamin A and acne topical creams with Benzoyl, e.g., or any AHA's or BHA's.
- Three days prior to treatment avoid abrasive scrubs and exfoliating products.
- Avoid shaving the day of the treatment.
- Avoid Blood Thinners for one week before treatment. Anticoagulants like Warfarin, Heparin, Anti-inflammatory medications (Aspirin, Advil, Ibuprofen, Motrin, any NSAID), anti-platelet medication (Clopidrogel, Plavix), high doses of Vitamin E, Omega 3/fish oil, Ginco biloba, Garlic, Ginseng, Donq quai, Feverfew, St John's wort. Prescribed medication may only be discontinued by prescriber.
- Use SPF 30 or higher daily and avoid ANY exposure to the sun (winter or summer).
- Also avoid tanning beds, self-tanning products for a minimum of 24 hours before treatment.
- Avoid Alcohol 48 hours before the treatment.
- DAY OF TREATMENT- ensure you come hydrated (have drank LOTS of water) and have eaten food. Ensure you have no makeup or lotions on your face.

Write down any questions you have prior to your treatment

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## POST-TREATMENT INSTRUCTIONS

- Do NOT touch, press, rub, or manipulate the treated area for at least 12 hours after your treatment.
- AVOID: Aspirin, Motrin, ibuprofen, Aleve (all non-steroidal and steroidal anti-inflammatory agents), curcumin, turmeric, Ginkgo biloba, garlic, flax oil, cod liver oil, vitamin A, vitamin E, or any other essential fatty acids at least 3 days -1 week prior to and after your treatment.
- No sunscreen OR makeup for 24 hours following treatment.
- Avoid alcohol-based toners for one week as well as excessive sun exposure for 7-10 days.
- Avoid intentional and direct sunlight for 24 hours.
- No tanning beds for 1 week.
- Do not go swimming for at least 24 hours post-treatment.
- AVOID: Vigorous exercise, sun, and heat exposure for at least 24 hours after your treatment
- AVOID: Alcohol, caffeine, and cigarettes for 1-2 days before and after your treatment.
- Smokers may not heal well and results may take longer.
- Drink plenty of water for 2 weeks (10 cups per day).
- No facials, facial massages, or laser treatments for 2 weeks after.
- Your skin will remain sensitive and feel dry for 1 week after treatment.

## WHAT TO EXPECT POST TREATMENT

- Immediately after your treatment most clients will experience erythema (redness) for 1 day.
- Slight to moderate edema (swelling) and mild to moderate sunburn sensation are also common post treatment and may last 1-2 days.
- Skin may crust and peel for 2-7 days depending on the treatment setting.
- Skin may feel warm and tighter than usual.
- Redness and swelling may last for 3-4 days in extreme cases.
- Multiple treatments over a period of several months may be required to achieve the optimal. You will notice immediate as well as longer term improvements in your skin. The time for skin cell turnover is 28 days so most people will begin to see increased results after this time.

I look forward to having you in the clinic.