

**PRP FACE LIFT 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 (Ginkgo, 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.

**On the Treatment Day:**

1. Blood is drawn and PRP is processed.
2. Topical anesthetic is applied to the treatment area for 20-30 minutes if needed.
3. Filler is injected into the areas of concern which is followed by the PRP.
4. There may be redness, swelling and bruising after the procedure.

**Post-Treatment Instructions:**

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 (Ginkgo, Garlic, Vitamin E, Vitamin A, Flax Oil, Curcumin and other anti-inflammatory nutrients)
  - Systemic Steroids (prednisone, dexamethasone)
  - Alcohol and cigarettes