

**PRP FACIAL 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)
  - Spray tanning
  - 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. After cleaning your face, topical anesthetic is applied to the treatment area for 20-30 minutes.
3. PRP is applied to the treatment area then then micro-needling is performed.
4. PRP is sometimes injected into specific areas as well, 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:**

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