

PRE / POST CARE INSTRUCTIONS FOR PRP

PRE TREATMENT INSTRUCTIONS

- 6 months before avoid Accutane
- 7 days prior avoid IPL/Laser procedures
- 5-7 days prior no waxing, depilatory creams or electrolysis (if treatment includes peel)ho
- Avoid retinoids, topical antibiotics, exfoliants, hydroquinone, sunburn, and benzoyl peroxide 3 days prior to procedure.
- If use of a peel was recommended in conjunction with the micro-needling, no topical agents that may increase skin sensitivity, reaction to the peel, or dryness 3-4 days prior to the peel. This includes: topical retinoid, hydroquinone products, acids, defoliants, alpha hydroxyl acid (AHA), beta hydroxyl acids (BHA), exfoliating masks, hydroquinone, or benzoyl peroxide acne products. If no peel, 24 hours without irritating products.
- No shaving of area being treated on the day of the procedure
- See your physician for antiviral agent for 2 days prior to and day of treatment if history of cold sores
- Stop taking supplements that thin out the blood which increases bruising such as: green tea, Omegas (fish oil), primrose oil, vitamin E, Ginkgo biloba, aspirin (after consulting doctor)

DAY OF TREATMENT INSTRUCTIONS

- Omit lotions, creams, make up or deodorant in area to be treated
- Arrive with clean washed skin
- Update practitioner on any changes in skin condition, medical history, supplements, medications, and over the counter medicines
- **Client denies today:** active cold sores, herpes simplex, or warts in the area to be treated, open sores, sunburned, or excessively sensitive skin within the application area, pregnancy, dermatitis or inflammatory rosacea within the peel application area. Reports no allergies to salicylates.

POST TREATMENT INSTRUCTIONS

- Immediately after your PRP procedure, your practitioner *may* apply moisturizer and sunscreen topically.
- Redness or sensitivity might be present (and last up to a few days)
- Do not take any anti-inflammatory medications such as ibuprofen, Motrin or Advil. These agents will interfere with the natural inflammatory process that is critical and responsible for your skin rejuvenation.
- Use Tylenol only as needed for any soreness
- Avoid sun tanning and prolonged exposure to direct sunlight. When exposed to sun, always use sun screen SPF30 or above.
- Do not pick or scratch at treated skin but instead keep moisturized
- Eat fresh pineapple to optimize healing
- Avoid strenuous exercise or sweating for 24 hours due to open pores
- You may clean your face with cool water and gently pat dry no earlier than 4 hours after treatment.
- Cool compresses may be applied for excessive discomfort, burning, redness, or swelling
- Avoid sun exposure for 3 days and if possible 10 days. Apply a minimum of SPF 30 every 2 hours.
- Mineral makeup may be applied after 24 hours.
- Restart regular skin care regimen in 48 hours and Retin A in 72 hours
- Multiple treatments are recommended for best results (series may range from of 3 – 5 treatments)

DAY 1: The day after the treatment skin may be gently washed with a gentle cleanser, cool water, using hands only and pat dry. Stay away from exfoliants, alcohol based products or acids that are present in cleansers as these can make your skin very dry after the procedure. Be sure to use an approved SPF30 or greater sunscreen.

DAYS 2-7: Within two (2) days following your procedure, you will notice skin dryness and flaking. This is due to an increased turnover of skin cells. During this period, you may apply your regular skin moisturizer. Follow the instructions given to you by your practitioner. If your medical professional used the roller around the eyes, you may have a little micro bruising that may exist for three or four days. This can easily be covered with makeup. Days later, your skin will start shedding. These are skin layers that would regularly shed a week later, but the PRP brings this skin to the surface sooner. During this temporary process, your skin will shed and be dry. You may use your regular skin care products once your skin is not irritated.

DAYS 7 +: A week after the PRP procedure, most patients notice that their skin is smoother and more radiant. Continue with sun protection every day and reapply every 2 hours if outdoors.