

PRP with Micro-needling Pre and Post-Treatment Instructions:

7 days before treatment:

- Avoid chemical peels, waxing, electrolysis, laser treatments, and threading.
- Discontinue blood thinning agents such as vitamin E, vitamin A, Ginko, Garlic, Flax, Cod Liver Oil, Essential Fatty Acids, and multivitamins, a minimum of 7 days (preferably 14 days) prior to treatment. It is fine to continue iron and vitamin D.
- If you are taking any blood thinners, please let your provider know immediately, as they may represent a contraindication to this treatment. These medications include Plavix, Coumadin, and Heparin.
- Avoid aspirin, Advil, Motrin, Ibuprofen, Naproxen, Voltaren, and other anti-inflammatory medications. We want inflammation to occur – as this is one mechanism by which PRP works.
- You may use Tylenol (acetaminophen) as needed prior to the treatment.
- Prescription medications (including heart and blood pressure medication) should be taken as prescribed right up to, and including, the day of and the day after your treatments.
- Avoid excessive sun or heat exposure.

3 days before treatment:

- Avoid topical products such as Tretinoin (Retin-A), Retinols, Retinoids, Glycolic Acid, Alpha Hydroxy Acid, Salicylic Acid, or other “anti-aging”, “acne”, and “bleaching” products. Also AVOID waxing, bleaching, tweezing, or the use of hair removal cream on the area to be treated.
- Avoid excessive sun exposure and wear a broad-spectrum sunscreen daily of SPF 30 or higher.

Diet and Fluid Intake:

- Increase your intake of fluid the day before your procedure by simply drinking 2 glasses of water in the morning, 2 glasses at lunch, and 2 glasses at dinner, in addition to your normal intake of water.

Day of Procedure:

- If you can arrive makeup-free, that would be preferred. No lotions, makeup, or other topical products should be applied on the day of the procedure.
- If the area to be treated requires shaving due to hair involvement, please shave the area the evening prior to your visit, to avoid any trauma or rash from shaving.
- A topical anesthetic cream will be applied prior to your procedure.

Immediately After Treatment:

- You may expect a certain degree of discomfort, redness, and/or irritation during and after treatment.
- You may have a bruise at the blood draw site.
- Do not bathe, shower, or swim for 8 hours after treatment.
- You will look as though you have a moderate to severe sunburn and your skin may feel warm and tighter than usual. This typically diminishes within the same day or within 24 hours.
- If you experience any pain or discomfort you may take Tylenol or other Acetaminophen-containing products as directed. Cold compresses can be applied to reduce swelling if necessary.
- 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.
- Do not pick or scratch treated skin but instead keep it moisturized.
- Make sure you only use clean linens and towels during the healing process.
- During the healing phase, be sure to disinfect your cell phone or landline phone with alcohol wipes before use. Try to avoid your treated skin's contact with the phone by choosing a hands-free option.
- Avoid vigorous exercise, sun, and heat exposure for at least 48 hours after your treatment.

After Treatment Care:

- Continue to avoid aspirin, Advil, Motrin, Ibuprofen, Naproxen, Voltaren and other anti-inflammatory medications for 3 days after your procedure (if possible try for 7 days).
- Use a gentle cleanser to cleanse the face for the following 72 hours.
- Use a gentle moisturizer as needed.
- Avoid excessive sun exposure, including tanning booths, and wear a broad-spectrum sunscreen daily of SPF 30 or higher.
- Avoid warm environments (i.e., hot tubs, jacuzzis, steam rooms, hot yoga, saunas, etc.) for 3 days post-treatment.
- You can begin to wear makeup at the 48-hour mark.
- By day two or three, your skin may feel a bit dry. This is normal and will resolve on its own.
- You may return to your skin care products and makeup when your skin is not irritated, typically 4 -5 days after treatment.
- You will begin to see improvements in the overall texture and tone shortly after your treatment, but the overall effects take up to 3 months, for optimal improvement.
- New collagen formation takes 4-6 weeks to develop; please be patient.
- It is recommended to have a minimum of 3 treatments, 4-6 weeks apart for maximum benefit.