



PLATELET-RICH-PLASMA (PRP) FACIAL PRE & POST CARE INSTRUCTIONS

PRE-CARE

3 days before treatment

- **Avoid** alcohol. Alcohol thins the blood and can impact the quality of platelets obtained.
- **Smoking:** It is recommended to minimize smoking. Smoking impacts overall healing. Your results may be improved the longer you're able to stop smoking before and after treatment.
- **Avoid** the topical products Tretinoin (Retin-A), Retinols, Retinoids, Glycolic Acid, Alpha Hydroxy Acid, Salicylic Acid, or other "anti-aging", "acne", and "bleaching" products.
- **Avoid** waxing, bleaching, tweezing, 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.



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DAY OF TREATMENT

- **Fluid Intake:** Increase fluid intake the day prior to the procedure & day of the procedure to ensure you are hydrated for the blood draw. Increase fluid intake the day before your procedure by simply drinking 2 glasses of water in the morning, 2 glasses at lunch, 2 glasses at dinner, in addition to your normal intake of water.
- Please arrive with a "clean face". Do not wear makeup. 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.

POST-CARE

- **Do Not** take NSAID's drugs (aspirin, Advil, Motrin, etc.) for 7 days after treatment.
- **Do Not** drink alcohol for 72 hours after treatment.
- **Do Not** take blood thinning agents like vitamin E, vitamin A, Ginko, Garlic, Flax, Cod Liver Oil, Essential Fatty Acids at least one week after your treatment.
- **Avoid** exercise or strenuous activities for 24 hours.
- **Avoid** hot yoga or sauna for 3 days.
- **Avoid** sun exposure for 3 days (apply sunscreen).
- **Do Not** wash face or shower for 24 hours.
- **Do Not** undergo other facial treatments for the next 2 weeks.