



PRP FACIAL PRE-TREATMENT INSTRUCTIONS

Six months before treatment avoid Accutane (Isotretinoin) as per Medical Doctor.

For two weeks before (pre) treatment, avoid hair removal treatments like Laser Hair Removal, Tweezing, Sugaring, Waxing, Electrolysis and Tanning beds.

For two weeks before (pre) your treatment, avoid cosmetic injections like Plasma, Botox or Dermal Fillers.

For two weeks before (pre) your treatment, avoid any skin treatments aka Chemical Peels or Microdermabrasion.

One week prior to treatment discontinue topical products containing Salicylic Acid, Retinol, Vitamin A and acne topical creams with Benzoyl, e.g., or any AHA's or BHA's.

Three days prior to treatment avoid abrasive scrubs and exfoliating products.

Avoid shaving the day of the treatment.

Avoid Blood Thinners for one week before treatment. Anticoagulants like Warfarin, Heparin, Anti-inflammatory medications (Aspirin, Advil, Ibuprofen, Motrin, any NSAID), anti-platelet medication (Clopidrogel, Plavix), high doses of Vitamin E, Omega 3/fish oil, Ginco biloba, Garlic, Ginseng, Donq quai, Feverfew, St John's wort. Prescribed medication may only be discontinued by prescriber.

Use SPF 30 or higher daily and avoid ANY exposure to the sun. Winter or summer. Also avoid sun beds, self-tanning products for a minimum of 24 hours before treatment.

Avoid Alcohol 48 hours before the treatment.

PRP FACIAL POST-TREATMENT INSTRUCTIONS

There are minimal restrictions after your PRP facial, allowing you to return to your daily activities almost immediately.

1. Do NOT touch, press, rub, or manipulate the treated area for at least 12 hours after your treatment.

2. AVOID: Aspirin, Motrin, ibuprofen, Aleve (all non-steroidal and steroidal anti-inflammatory agents), curcumin, turmeric, Ginkgo biloba, garlic, flax oil, cod liver oil, vitamin A, vitamin E, or any other essential fatty acids at least 3 days -1 week prior to and after your treatment.
3. No sunscreen OR makeup for 24 hours following treatment.
4. Avoid alcohol-based toners for 10-14 days as well as excessive sun exposure for 7-10 days.
5. Avoid intentional and direct sunlight for 24 hours. No tanning beds.
6. Do not go swimming for at least 24 hours post-treatment.
7. AVOID: Vigorous exercise, sun, and heat exposure for at least 24 hours after your treatment
8. AVOID: Alcohol, caffeine, and cigarettes for 1-2 days before and after your treatment. Smokers may not heal well and results may take longer.
9. Drink plenty of water for 2 weeks (10 cups per day).
10. No Facials, Facial Massages, or Laser Treatments for 2 Weeks Afterward (most facials, chemical peels, laser, and light treatments may be done immediately prior to the treatment but not for 2 weeks after the treatment).