

PRP & PRF PRE/POST CARE INSTRUCTIONS

A few simple guidelines before your treatment can make a difference.

PRE-CARE

- If you develop a fever, cold/flu, or develop a cold sore, blemish, or rash, etc. in the area to be treated prior to your appointment, you must reschedule (we will not treat you) the appointment to receive the treatment after the symptoms resolve.
- It is recommended, if you have a special event or vacation coming up that you schedule your treatment at least 2 weeks in advance (we prefer 3-4).
- If you are being treated in the lip area and have a history of Herpes (cold sores) with outbreaks more than 4 times a year some practitioners recommended that you are pretreated with medication. ****Please let us know that you need a prescription if you do not have this medication on hand. ****
- If you are or have been on Systemic use of Corticosteroids (steroids) within 2 weeks of treatment, we cannot treat you. Consult your physician for approval to discontinue use of steroids and receive treatment.
- Unless prescribed by a physician, avoid Aspirin, Ibuprofen, Advil, Aleve, St. John's Wort, Vitamin A, D and E, garlic, Ginkgo Biloba, Garlic, Flax Oil, Cod Liver Oil, and Essential Fatty Acid, Fish Oil/Omega 3, Flaxseed Oil, Omega's, Turmeric, Green Tea, Horse chestnut Seed Extract, Alcohol, steroidal and non-steroidal anti-inflammatory drugs (NSAIDS) in the 5-7 days prior to your treatment as they may promote the risk of bruising and bleeding in the injection area. With PRP we "want" inflammation as this is one of the mechanisms of how PRP does its work!
- It is recommended that you avoid: Alcohol, caffeine, Niacin supplement, spicy foods, and cigarettes 5 days before and after your treatment. (All of these may increase the risk of bruising.)
- HYDRATE very well BEGINNING IN THE MORNING the day before and the day of the procedure for ease of blood draw. This will improve your blood draw results.

POST CARE

Please carefully read and follow these Instructions after your PRP treatment. There are minimal restrictions after your PRP injections allowing you to return to your daily activities almost immediately.

- Use of a sunscreen of SPF 30 or higher is recommended for daily protection.
- Do NOT touch, press, rub, or manipulate the treated area (s) for at least 8 hours after your treatment.
- AVOID Aspirin, Ibuprofen, Advil, Aleve, St. John's Wort, Vitamin A, D and E, garlic, Ginkgo Biloba, Garlic, Flax Oil, Cod Liver Oil, and Essential Fatty Acid, Fish Oil/Omega 3, Flaxseed Oil, Omega's, Turmeric, Green Tea, Horse chestnut Seed Extract, Alcohol, steroidal and non-steroidal anti-inflammatory drugs (NSAIDS) at least 5 days - 1week prior to and after your treatment. Remember, we are creating inflammation.
- If you experience discomfort or pain, you may take Tylenol or other Acetaminophen products.
- You may apply Ice if you wish to the injected area for 20-30 minutes after the procedure, but we would prefer if you'd refrain from this. If you do elect to ice the area post treatment you must do so very carefully. Use an ice pack with the fabric side against the skin or wrap a soft plastic ice pack in a wet thin towel. Apply the ice pack approximately 15 seconds on, and 15 seconds off. Icing too vigorously can cause frostbite and scarring.
- Do not wash or take a shower for at least 8 hours after your treatment.
- Do not use any lotions, creams, or make-up for at least 8 hours after your treatment. AVOID vigorous exercise, sun, and heat exposure for at least 5 days after your treatment AVOID: Alcohol, caffeine, and cigarettes for 5 days before and after your treatment (all of these may increase risk of bruising and efficacy of PRP). Smokers do not heal well, and problems recur earlier, and results may take longer.
- Maintain a healthy diet and Drink at least 64 oz.'s of water the day of the treatment. (Fiji water is recommended due to its high content of Silica.) Continue water intake the first week after.
- Keep your "Me Serum" in the refrigerator during the 8 hours you are applying it to the treated area. Dispose of your "Me Serum" after 8 hours from treatment.

It is normal to experience: Bruising, Redness, Itching, Soreness, and Swelling that may last from 3-10 days following your procedure.

It is the responsibility of each guest to fully review the Pre-Care and Post Care guidelines. If a scheduled service requires modification/cancellation because you do not meet the aforementioned criteria, you are responsible for notifying the medical spa no less than 24 hours in advance to avoid a late cancellation fee of \$75.00. If you are unable to contact an Ageless Aesthetics MediSpa representative within normal business hours, please leave a detailed voicemail. The voicemail system date-stamps/timestamps all voicemails with Mountain Standard Time (MST) zone times. Cancellations and modifications must be made within the MST zone in order to avoid no-show/late cancellation fees. If you have ANY questions or concerns, please call our office during business hours at 505.473.SKIN (7546).