

PRP FACIAL

Before: The week before having the treatment (for best results):

- Discontinue any use of retinol and Retin A (tretinoin) medication.
- Be sure that you have not used Accutane in the last 6 months.
- AVOID the use of NSAIDS (Ibuprofen, Motrin, Aleve, Naproxen, Aspirin, etc) 3-7 days before procedure. Tylenol is OK for pain relief right up to and the day of procedure- do not exceed 4000mg in a 24 hr period.
- AVOID the following nutritional supplements for 3-7 days before procedure- Ginko Biloba, Garlic, Vitamin E, Vitamin A, Flax Oil, Curcumin and other anti-inflammatory nutrients.
- AVOID the systemic use of corticosteroids for 1-2 weeks before the procedure.
- AVOID alcohol and cigarettes for 3-7 days before the procedure.
- HYDRATE very well the day before and the day of the procedure for ease of blood draw.

During: The day of the procedure:

- Come to your visit with a **clean face- *no makeup*!** Please bring a headband to hold your hair back during the facial.
- You will sign consents upon arrival.
- Blood is drawn and PRP is processed.
- Topical anesthetic is applied to the treatment area.
- Micro-needling with a medical device is completed.
- PRP is applied topically and sometimes injected if the provider feels it is appropriate.
- Expect to have redness, mild swelling and general "tight" feeling.
- Rarely, a mild peeling effect can occur.

After: The week(s) after the procedure (for the best results):

- Mild inflammation should be expected and in fact is the rejuvenation process in action.
- Apply the PRP Rejuvaderm lotion immediately after procedure and at minimum AM and PM for the next 72 hours. Continue daily use of Rejuvaderm. Rejuvaderm contains growth factors, healing and moisture elements.
- AVOID cold cloths and ice to the procedure site for 48 hours.
- Avoid retinoid and Retin A medications for 7 days.
- Avoid sun and use a physical sun block to protect your skin and allow for best rejuvenation effect.
- AVOID the use of NSAIDS (Ibuprofen, Motrin, Aleve, Naproxen, Aspirin, etc) for 3-7 days after procedure. Tylenol is OK for pain relief- do not exceed 4000mg in 24 hours.
- AVOID the systemic use of corticosteroids for 1-2 weeks after the procedure.
- For best results AVOID alcohol and cigarettes for 3-7 days after the procedure.
- EAT a healthy diet and HYDRATE very well- at least 64 oz of clean fresh water daily.