



## Pre and Post-Treatment Instructions For Platelet-Rich Plasma (PRP)

### Prior to Treatment

Before your medical PRP treatment please observe the following:

- For best results avoid any anti-inflammatory medications for 4 weeks prior to the procedure. This allows for increased platelet function growth factor release
- Avoid any Retinol (Retin-A/Tretinoin), hydroxy acids, or anti-aging product for 1 day prior to the procedure
- Avoid any prolonged sun exposure 1-2 weeks prior to the treatment. You should not have a sunburn or significant tan. If you must be in the sun, use a Zinc based SPF of at least 30+, and re-apply throughout the day. Avoid midday sun and wear a hat and glasses.
- **On the day of treatment come to the office with a clean face. Do not apply any makeup or lotions.**
- **Please make sure to hydrate as much as possible 24-48hrs prior to the appointment**
- Please inform us if you have a history of cold sores/fever blisters or if you are a smoker. We will need to discuss this prior to treatment.

### What to Expect

- PRP can be utilized in two different modalities. Your provider will help you choose the best method for your skin needs.
- The PRP can be injected into the skin by a health care provider, or it can be used post microneedling, CO2 laser, or PicoSure focus laser sessions.
- When PRP is injected just beneath the skin it is common to see unevenness in the treated area for up to 1 week. During this time you may even be able to feel lumps in the treated area, these will resolve with time
- Please see post-care instructions for microneedling and CO2 laser separately
- A certain degree of discomfort, redness, and/or irritation during and after treatment is expected
- Your provider will prescribe a skincare regimen specific to your skin. All recovery products are formulated to help soothe, calm, and protect the skin. Please continue to use these products for a minimum of 3 days and preferably 2 weeks.

### Instructions

- For best results avoid anti-inflammatory medications for **4 weeks** after the treatment
- It is important to keep your skin clean and hydrated throughout the recovery process. Avoid any harsh or active products for at least 1 week. Once the skin is fully healed you can resume any skincare products.
- Please avoid any direct or prolonged sun exposure, swimming, hot tub, beach, or exercise, for 24 hours post-treatment. Light exercise and normal daily activities are permitted.
- **CLEAN:** Wait 6-12 hours post-treatment and then wash your face with Skinceuticals Gentle Cleanser or Osea Ocean Cleanser/Milk. Continue to wash AM and PM for a min of 3 days
- **MAKE-UP:** It is recommended to avoid any makeup application to the skin for 24hrs
- **HYDRATE:** Following your treatment, your skin may feel drier than normal. Use the SkinCeuticals **B5 Gel** for the ideal ingredients to hydrate and restore skin back to perfect balance. You may resume any other anti-aging moisturizers or

- **PROTECT:** Immediately after the procedure apply a mineral-based SPF, Skinceuticals physical Fusion is preferred. Do not use additional SPF as ingredients can be toxic to the treated skin for the first 24-48 hours.
- **ANTIOXIDANT:** As your skin starts to regenerate antioxidants are ideal for skin health. This is found in **Skinceuticals CE Ferulic** and started 5 days post-treatment in AM.

#### **Post Series Treatments**

- New collagen will build for up to 6-9 months post-treatment. Patients will continue to see results 3-6 months post-treatment.
- Chemical peels/Hydrfacials/Diamond Glow/Dermaplaning facials are highly recommended every 3 months to enhance your results. Our staff will make sure you have a customized care plan.

#### **Please call the office if you experience any of the following:**

If it is after hours and we cannot be reached, please contact urgent care services, or in the event of an emergency call 911

- If you are uncertain and have questions
- Pain that is not relieved by Tylenol
- Indication of infection (redness, tenderness, pus)

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