Cosmetic PRP Pre and Post Treatment Instructions

**Treatment Overview:**

PRP therapy for the face is a treatment that involves withdrawing a patient’s own blood, processing it so that only the enriched cells (platelet-rich plasma) remain, and infusing it into the facial tissue through Micro Needling or individual PRP injections with a small needle. Microneedling of PRP is a more superficial treatment whereas the PRP injections are slightly deeper and stimulate more healing and repair. PRP contains essential proteins and growth factors that stimulate new cell growth, helping to improve your complexion, skin texture and to restore lost facial volume. Due to the natural variation in quality of platelet-rich plasma, results will vary between individuals. Most patients require multiple sessions to obtain desired outcomes. We recommend 1 treatment per month for 3 treatments for best results, although these treatments can be spread out over a longer time period, if necessary.

**Contraindications:**

You should not have PRP treatment done if you have any of the following conditions.

* An impaired immune system due to immunosuppressive diseases, HIV, Hantavirus (not common), or immunosuppressive medications
* Skin conditions and diseases including: Facial cancer, existing or uncured. This includes Squamous Cell Carcinoma (SCC), Basal Cell Carcinoma (BCC), melanoma, systemic cancer or undergoing chemotherapy.
* Steroid therapy, dermatological diseases affecting the face, communicable diseases, blood disorders and platelet abnormalities, anticoagulation therapy (i.e. Warfarin), or blood platelet count less than 50,000.
* A history of medication over the past 2 months that could affect the skin, i.e., Accutane
* Any active skin disease or disorder around the treatment site; acne, eczema, psoriasis
* A history of keloids or abnormal wound healing (discuss with provider – a test site can be done).
* Do not have PRP treatment if you are pregnant or lactating.

**Prior to treatment, inform your provider of the following:**

* If you have a pacemaker, a history of a severe heart disorder, arrhythmias. (This means we have to limit the amount of epinephrine used)
* If you have a history of facial and/or nasal herpes or fever blisters to receive advice on antiviral therapy prior to treatment.
* If you have a history of any significant allergy or skin sensitivity
* If you recently had a facial peel or surgery.
* Recent use of self-tanning lotions, tanning booths, or prolonged sun exposure 24 hours prior to treatment.
* All current medications and supplements including blood thinning, Accutane and use of Retin-A products
* If you have a history of keloid scarring
* If you are pregnant or lactating.

**Pre Treatment Instructions:**

7 days before treatment:

* Avoid chemical peels, waxing, electrolysis, laser treatments or threading.
* If you are taking any blood thinners, please let your provider know immediately, as they may represent a contraindication to this treatment. These medications include Plavix, Coumadin, Xarelto, Eliquis, Pradaxa, Lovenox, and Heparin. There are some exceptions and other treatment options available.
* You may use Tylenol (acetaminophen) as needed prior to the treatment.
* Prescription medications (including heart and blood pressure medication) should be taken as prescribed right up to, and including, the day of and the day after your treatments.
* Avoid excessive sun or heat exposure.

2 Days before treatment:

* Avoid aspirin, Advil, Motrin, Ibuprofen, Naproxen, Voltaren and other anti-inflammatory medications. We want inflammation to occur – as this is one mechanism by which PRP works.
* Avoid topical products such as Tretinoin (Retin-A), Retinols, Retinoids, Glycolic Acid, Alpha Hydroxy Acid, Salicylic Acid, or other “anti-aging”, “acne”, and “bleaching” products. Also AVOID waxing, bleaching, tweezing, or the 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. Many natural and organic sunscreens are available online (Alba Botanica, Sky Organics, etc.)

Other considerations:

* Avoid eating excessive fat (fried foods, fast food, steaks, etc) within 12-24 hours of treatment.
* Minimize or avoid alcohol consumption
* If possible, refrain from or minimize smoking prior to your procedure as it impacts the healing process.
* If you are not sure if you should be stopping a medication, please ask.

**Day of Procedure:**

* Please arrive to your appointment with a clean face. Do no wear makeup, no lotions or other topical products should be applied on the day of the procedure. Makeup can also be removed upon arrival, please arrive early so this can be done before appointment time.
* 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.
* A topical anesthetic cream will be applied for about 15-20 minutes prior to your procedure.

**Immediately Following Treatment:**

* It is normal to experience some mild bruising, redness, itching, swelling and/or soreness that may last from 1-5 days following the treatment. If you experience any pain or discomfort, you may take Tylenol or other Acetaminophen containing products as directed.
* You may experience some mild redness and your skin may feel warm and tighter than usual. This typically diminishes within the same day or within 24 hours.
* Sometimes, a few light scabs may form in the treated area and remain for 24 to 48 hours. Do not pick or scratch treated skin but instead keep it moisturized.
* Make sure to use clean linens and towels during the healing process.
* Avoid pets and small children having contact with treated skin for the first 12-24 hours.
* During the healing phase, be sure to disinfect your cell phone or landline phone with alcohol wipes before use. Try to avoid your treated skin’s contact with the phone by choosing a hands-free option.
* Continue to avoid aspirin, Advil, Motrin, Ibuprofen, Naproxen, Voltaren and other anti-inflammatory medications for 3 days after your procedure (if possible try for 7 days).
* Avoid vigorous exercise, sun and heat exposure for at least 2 days after your treatment. Light exercise is fine.
* Avoid alcohol and smoking for 3 days after treatment. Smokers do not heal well and problems recur earlier and results may take longer.

**After Treatment Care:**

* We recommend OzonAge cream topically or KPS Restore Balm, twice daily.
* Use a gentle cleanser and tepid water to cleanse the face for the following 72 hours.
* Use a gentle moisturizer as needed. We recommend the OzonAge cream.
* Avoid excessive sun exposure, including tanning booths, and wear a broad-spectrum sunscreen daily of SPF 30 or higher (organic/natural as much as possible).
* Avoid warm environments (i.e., hot tubs, Jacuzzis, steam rooms, hot yoga, saunas, etc.) for 3 days post treatment.
* By day 2 or 3, your skin may feel a bit dry. This is normal and will resolve on its own.
* Please wait 2 weeks after treatment to use a derma roller.
* You may return to your skin care products when you skin is not irritated, typically 12-48 hours after treatment. You may apply makeup after treatment, but we suggest waiting 8-12 hours after treatment.
* You will begin to see improvements in the overall texture and tone shortly after your treatment, but the overall effects take up to 3 months for optimal improvement.
* New collagen formation takes 4-6 weeks to develop; please be patient.

**Contact the office immediately if any of the following signs of infection occur:**

* Drainage – especially if it looks like pus.
* Increased warmth, redness or swelling at or around the treated area.
* Fever of 101.5 or greater
* Severe pain that is unresponsive to over-the-counter pain relievers.

**Please contact us at 616-301-0808 if you have any questions or concerns.**