



PRF Therapy Pre Treatment Instructions

Microneedling

- Avoid extreme sun exposure for one month prior and post treatment.
- Avoid retinoid products and glycolic acid products for 1 week prior to treatment.
- Notify your doctor if you have a history of cold sores. The doctor will pre-treat you with a medication called valacyclovir to prevent any outbreaks.
- It is preferred that you arrive for your appointment clean-faced without makeup, moisturizer, or lotions on the day of the treatment.
- Notify your doctor if you have any history of keloidal scarring, metal or skin allergies, or if you have been on Isotretinoin (Accutane) within the past 6 months.

What will I look like after treatment?

- Immediately after the treatment, your skin will be red and flushed with an appearance similar to a moderate sunburn. You may experience skin tightness and mild sensitivity to touch to the area being treated. The redness will diminish greatly after a few hours following the treatment and within 24 hours the skin will be generally calmed.
- If you have treatment around your eyes, you may experience micro-bruising lasting for 3-4 days. This can be covered make-up.
- Do not take any anti-inflammatory medications such as: Ibuprofen, Motrin, and Advil. These agents will interfere with the natural inflammatory process that is critical and responsible for skin rejuvenation.
- Do not exercise for 24-48 hours post procedure to minimize the risk of blistering.
- Within two days following your Microneedling procedure, you will notice skin dryness and flaking. This is due to an increased turnover of skin cells. During this time we recommend that you apply a hydrating moisturizer.



PRF Therapy Post Treatment Instructions

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How should I take care of my skin?

- Immediately After Treatment: Cleanse with a mild soap daily. Gently pat dry. If your skin feels dry or tight, apply a gentle moisturizer. Avoid partaking in activities that will heat up your skin, such as going in a hot tub/Jacuzzi/sauna, taking a very hot shower, or strenuous exercise for 2 days after treatment.
- First Few Days: Continue gentle cleansing and moisturizing over the next few days. Avoid scrubbing, rubbing, or using exfoliants for 1 week. Apply sunscreen daily and you can use makeup, if needed, starting the day after treatment.
- First Week of Healing: Keep treated area clean; avoid smoking, excessive alcohol consumption, excessive exercise, sweating, swimming, or exposing skin to heat and sun.
- Skin Care Products: All of your skin care products should be non-irritating and non-clogging for the first week or so after treatment. Moisturizer should be applied one to two times per day. We also recommend using a vitamin C serum daily to help with healing and to decrease pigmentation.
- Scrubs, Toners, Glycolic Acid, and Retinoids: Your skin will be sensitive for the first week or two after treatment. Do not use products that will cause irritation during this time. Please do not use any scrubs, toners, glycolic acid, retinoids (RetinA or retinol), or bleaching creams (hydroquinone) until your skin has healed, unless otherwise directed by your doctor.
- Sunscreen: It is very important that you use sunscreen to prevent discoloration and sun damage to the skin while it is healing. Use sunscreen daily for at least 3 months after your last treatment. The sunscreen should offer broadband protection (UVA and UVB) and have a sun protection factor (SPF) of 30 or more. Apply sunscreen 20 minutes before going outside and reapply sunscreen every 2 hours. If direct sun exposure is necessary, wear a hat and clothing that covers the treated area.
- Abnormal Healing: If you notice any pimples, blisters, cuts, bruises, crusting/scabs, areas of raw skin, ulcerations, active bleeding, increased discomfort or pain, pigment changes (lighter or darker than usual complexion) or any other problems, please contact us.
- A week after your microneedling treatment, most patients note that their skin is smoother, and more radiant.



Dermal Filler Pre Treatment Instructions

A few simple guidelines before your treatment can make a difference between a good result and a fantastic one!

- Patient should be in good overall health. A full medical history must be performed on all patients for optimal results.
- If you develop a cold sore, blemish, or rash, etc. prior to your appointment you must reschedule.
- Let us know if you are prone to cold sores – a preoperative medication may help prevent cold sores after treatment.
- If you have a special event or vacation coming up schedule your treatment at least 2 weeks in advance.
- Discontinue Retin-A two days before and two days after treatment.
- Do not complete micro needling until two weeks after your treatment.
- **AVOID:** Alcohol, caffeine, motrin, ginkgo biloba, garlic, flax oil, cod liver oil, vitamin A, vitamin E, fatty acids, niacin supplements, high sodium foods, high sugar foods, refined carbohydrates, spicy foods, or cigarettes 24 hours before your treatment. This is to reduce the incidence of bruising after these procedures.



Dermal Filler Post Treatment Instructions

DO NOT: touch, press, rub or manipulate the implanted areas for the rest of the day after treatment. Avoid kissing, puckering and sucking movements for the rest of the day as these motor movements can undesirably displace the implanted dermal filler material. Irritation, sores, and post-operative complications including scarring are possible if you manipulate the dermal filler implants.

AVOID: Alcohol, caffeine, motrin, ginkgo biloba, garlic, flax oil, cod liver oil, vitamin A, vitamin E, fatty acids, niacin supplements, high sodium foods, high sugar foods, refined carbohydrates, spicy foods, or cigarettes 24 hours before your treatment. This is to reduce the incidence of bruising after these procedures.

AVOID: Vigorous exercise and sun and heat exposure for 3 days after treatment.

DISCONTINUE: Retin-A two days after treatment. It is best to wear no makeup or lipstick until the next day. Earlier use can cause pustules.

- One side may heal faster than the other side.
- You can expect some bruising and swelling around the areas that were injected. Apply ice for the first hour after treatment for ten minutes on and ten minutes off.
- You must wait 2 weeks before any enhancements.

*****Please report any redness, blisters, or itching immediately if it occurs after treatment*****



Neurotoxin Post Treatment Instructions

The guidelines to follow post treatment have been followed for years, and are still employed today to prevent the possible side effect of ptosis (drooping of the eyelids). These measures should minimize the possibility of ptosis.

- No straining, heavy lifting, and/or vigorous exercise for 3-4 hours following treatment. It takes the toxin approximately 2 hours to bind itself to the nerve to start its work, and we do not want to increase circulation to the treatment area which can wash away the neurotoxin from where it was injected.
- Avoid manipulation of the treatment area for 3-4 hours following neurotoxin administration. (For the same reasons listed above.) This includes not doing a facial, peel, or micro dermabrasion after treatment with neurotoxins. A facial, peel, or micro-dermabrasion can be done in same appointment, only if they are done before the neurotoxin.
- It can take 2 - 10 days to take full effect. It is recommended that the patient contact the office no later than 2 weeks after treatment if desired effect was not achieved and no sooner to give the toxin time to work.
- Makeup may be applied before leaving the office with clean brushes and applicators.



Neurotoxin Pre Treatment Instructions

A few simple guidelines before your treatment can make a difference between a good result and a fantastic one!

In an ideal situation it is prudent to follow some simple guidelines before treatment that can make all the difference between a fair result or great result, by reducing some possible side effects associated with the injections. We realize this is not always possible; however, minimizing these risks is always desirable.

- Patient must be in good health with no active skin infections in the areas to be treated.
- Patient should not be needle phobic.
- Avoid alcoholic beverages at least 24 hours prior to treatment Alcohol may thin the blood, which will increase the risk of bruising.
- Avoid anti-inflammatory / blood thinning medications ideally, for a period of two (2) weeks before treatment. Medications and supplements such as Aspirin, Vitamin E, Gingo Biloba, St. John's Wort, Ibuprofen, Motrin, Advil, Aleve, Vioxx, and other NSAIDS are all blood thinning and can increase the risk of bruising/swelling after injections.
- Schedule neurotoxin appointments at least 2 weeks prior to a special event which may be occurring, i.e., wedding, vacation, etc. It is not desirable to have a very special event occurring and be bruised from an injection.