



## **PRE- AND POST TREATMENT INSTRUCTIONS FOR PRP**

Micro-needling is a safe natural, holistic alternative for resurfacing the skin using microneedles without an aggressive machine which is safe for all skin types. When combined with autologous (your own) Platelet Rich Plasma (PRP) used topically and injected, this treatment provides optimal results to improve wrinkles, large pores, scars, stretch marks, hair and overall skin appearance by stimulating new collagen/growth factors formation.

### **Pre-Treatment Instructions**

- Avoid Accutane for the past 6 months
- Do not use topical agents that may increase sensitivity of skin: retinoids, topical antibiotics, exfoliants, acids that may be drying or irritating to the skin (such as alpha hydroxyl acid (AHA) beta hydroxyl acids (BHA), exfoliating masks, salicylic acids, hydroquinone, and benzoyl peroxide acne products) 5-7 days prior
- Do not take any anti-inflammatory medications such as ibuprofen, Motrin or Advil for 3 days prior to treatment. These agents will interfere with the natural inflammatory process that is critical and responsible for your skin rejuvenation
- Avoidance of IPL/Laser procedures, unprotected sun exposure or sunburn for **2 weeks** prior
- No waxing, depilatory creams or electrolysis to area being treated 5-7 days prior
- No shaving the day of the procedure to avoid skin irritation. If there is dense hair present in the treatment area, closely shave the area the day before you arrive to your appointment. Moles, warts or actinic (solar) keratosis cannot be treated.  
If you are prone to cold sores, take antiviral agent for 2 days prior to and day of treatment.  
**Call office for prescription 224-432-5803 Glenview, 312-638-4979 Chicago**
- Bruising is a common risk especially with PRP injections. Avoid blood thinning agents (aspirin, fish oil, Omega-3, Vitamin E) for 1 week prior. May resume day after treatment.

### **CONTRAINDICATIONS**

Pregnancy, actively infected or actively inflamed skin, skin irritation, cystic acne to area being treated, keloid scars, allergies to topical lidocaine and sunburn.

### **Day of Treatment**

- Drink at least 1 L of water. Caffein should be avoided on the day of treatment
- Eat 1-hour prior procedure
- If you had history of difficulty finding vein when drawing blood, exercise the morning of the procedure. That will increase blood flow
- Skin is clean without lotion, oil, makeup, powder, perfume or sunscreen. Patient may wash face in office upon arrival.



- Inform provider of any relevant changes in your medical history and of all medications you are taking.
- Notify provider of any cosmetic tattoos to areas being treated.
- Topical Lidocaine will be applied in office for up to 30 min prior to treatment if you are treating skin. For scalp we can offer scalp block with lidocaine injections.

If combining Micro-Needling with **Platelet Rich Plasma (PRP)**, your blood will be drawn in office while you are numbing.

- **Post Treatment Instructions**
- If you received PRP treatment **to the skin**. Immediately after your Medical Micro-Needling procedure, your health care provider will apply a hyaluronic mask for 5-10 min and moisturizer.
- If you received your PRP treatment **to the scalp**. Do not wash your hair for 24 hours. Do not apply any hair products such as styling foam, hair spray and etc for 72 hours post treatment.
- Do not take any anti-inflammatory medications such as ibuprofen Motrin or Advil for 1 week. DO NOT ice face or use arnica or bromelain. These agents may interfere with the natural inflammatory process that is critical and responsible for your skin rejuvenation.
- **Avoid** sun tanning and prolonged exposure to direct sunlight for **2 weeks**. After 24 hours, always use a full spectrum sun screen SPF30 or above. When exposed to sun, wear a hat and apply sunscreen every 2 hours.
- Use Tylenol only as needed for any soreness
- **Optional** dietary recommendations: Eat fresh pineapple, tart cherry juice (no sugar), salmon (omega-3 fish oil), bone broth based soups, continue taking collagen 1 & 3 supplement (Collagen MD Advanced Connective Tissue Support Formula) for 2 weeks to optimize healing. Avoid dairy, wheat and sugar!

### DAY 1-3

**If your received PRP treatment to the skin.**

- **A sunburn -like effect is normal.**
- The skin will feel tight, dry, sensitive to touch.
- Treat skin gently washing with a gentle cleanser, cool water, using hands only and pat dry no earlier than 4 hours after treatment.
- Redness or sensitivity might well be present.
- Some small bruising is common with PRP injections and may last up to 5-7 days and swelling can last 2-4 days depending on how aggressive of a treatment you received.
- You can take Tylenol for discomfort. **NSAIDs are contraindicated**



**If you received PRP treatment to the scalp**

- **Bumps on the scalp is expected**
- Redness or sensitivity might well be present.
- Some small bruising is common with PRP injections and may last up to 5-7 days and swelling can last 2-4 days depending on how aggressive of a treatment you received.
- You can take Tylenol for discomfort. **NSAIDs are contraindicated**

**Plan your social calendar accordingly!**

- Avoid strenuous exercises that cause sweating, jacuzzi, sauna or steam baths for 24 hours due to open pores, or up to 48 hours if inflammation exists.
- May only use Oxygenetix Make-up post procedure or Mineral makeup after 24 hours
- Sleep on your back with head of bed elevated to minimize swelling or pain as needed

**DAY 2-7**

- Peeling may start 3-5 days after treatment. You will notice skin dryness and flaking. This is due to an increased turnover of skin cells. Do not pick, scratch or scrub at treated skin! Allow old skin to flake off **naturally** and keep moisturized **AT ALL TIMES** with Hyaluronic serum for extra dry skin every **2 hours** if needed.

**DAY 5-7**

You may restart your regular skin care products and Retin-A once your skin is no longer irritated.

Many patients have noticed continued skin improvement for months following the last treatment.

- For best results, we recommend follow up and repeat treatments in 4-6 weeks and a series of 3-5 treatments depending on your personalized care plan.
- \*For further information or to book an appointment, please call our office  
**224-432-5803 Glenview**  
**312-638-4979 Chicago**