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PRP / PRF / EZ Gel Pre- & Post-Treatment Instructions



Do



Don't



Good to know

One Week Before Treatment

- ✗ **Stop retinoids and topical medications:** no Retin-A, retinol, vitamin A creams, or other topical medications for 7 days before treatment.
- ✗ **Avoid anything that slows clotting (3 to 7 days before and after):** aspirin, ibuprofen (Advil, Motrin), naproxen (Aleve) and other NSAIDs, ginkgo biloba, garlic, flax oil, cod liver oil, vitamin A, vitamin E, and other fatty-acid supplements. Treatment works by creating controlled inflammation, so your platelets need to clot well.
- ✓ **Tylenol is OK** if you need something for discomfort.
- ✓ **Keep taking prescriptions as directed**, including heart and blood pressure medications, right up to and including the day of and the day after treatment.
- ✗ **No tanning beds for at least 2 weeks before treatment.**

Three Days Before Treatment

- ✗ **Alcohol, caffeine, and smoking:** avoid for 3 days before and 3 days after. Smoking lowers blood flow, slows healing, and means more PRP/EZ Gel is needed for results.
- ✗ **Excess sun or heat:** avoid for at least 3 days before your appointment.
- ! **Cold sore history:** if you've had oral cold sores (HSV), let our staff know. You'll need an antiviral such as valacyclovir or acyclovir starting 2 days before and continuing 3 days after treatment.

Day Before and Day of Treatment

- ✓ **Hydrate the day before:** on top of your normal water, drink 2 extra glasses at breakfast, lunch, and dinner.
- ✓ **Hydrate the day of:** drink plenty of water, including a full 500 mL bottle at least 2 hours before your appointment.
- ✓ **Eat earlier:** have a meal, but stop eating 2 hours before your appointment.
- ✗ **No makeup:** arrive with clean skin so makeup and chemicals aren't pushed into the skin during microneedling.

What to Expect

- ! **Normal reactions:** bruising, redness, itching, soreness, and swelling usually ease within 24 to 48 hours but can last 3 to 10 days.
- ! **Arnica and bromelain** may help reduce bruising and swelling.
- ! **Acne scars:** 3 to 5 treatments spaced 4 weeks apart are usually recommended.

Aftercare

- ✓ **Hydrate:** drink at least 64 ounces of water the day of treatment and every day for 1 week.
- ✓ **Ice if needed:** 10 minutes on, 10 minutes off for swelling or bruising in injected areas.

- ✓ **First wash at 6 hours:** gently wash with a mild cleanser such as iS Clinical Cleansing Complex and lukewarm water (the shower works well), removing all serum and dried blood. Then wash twice daily.
- ✓ **Moisturize:** apply Aquaphor as often as needed for dryness. Use a thicker balm if you had a more aggressive treatment.
- ✓ **Skincare after 24 hours:** start iS Clinical or another medical-grade or gentle skincare. Return to your full iS Clinical routine morning and evening after 48 to 72 hours.
- ✓ **Makeup and sunscreen:** no sunscreen or makeup for the first 24 hours. After that, use a physical (mineral) sunscreen SPF 25 or higher. Light makeup is OK after 72 hours.
- ✓ **PRF vitamin ampules:** keep them in the refrigerator so they stay potent.
- ✓ **Scalp treatments:** shampoo and condition daily, starting the first evening or the next morning.
- ✓ **Tylenol** is fine for discomfort.

What to Avoid

- ✗ **Touching the area for 8 hours:** no pressing, rubbing, or touching the treated skin.
- ✗ **Active skincare for 1 month:** no AHAs, BHAs, retinol, low-pH vitamin C, or other active products. iS Clinical products are OK as directed. If sunspots were treated, skipping retinol is especially important, since it can keep redness around for weeks or months.
- ✗ **Alcohol-based toners for 7 days.**
- ✗ **Sun, tanning beds, and heat for 3 days,** and avoid heavy sun exposure for at least 10 days. Keep treated red spots out of direct sun.
- ✗ **Swimming for 24 hours.**
- ✗ **Exercise and sweating for 2 days.** Sweat and gym bacteria can irritate healing skin.
- ✗ **Aspirin and NSAIDs** such as Advil and Aleve.
- ✗ **Picking:** if blistering or scabbing happens, don't pick or peel. It can scar.

When to Call Us

- ! **Call 763-205-6952** if you notice increasing pain, warmth, pus, spreading redness, fever, blistering, or anything that worries you. For an emergency, call 911.