



Pre-Treatment Guidelines for PRP Injection

- No use of Accutane for the past 6 months.
- If you have a history of cold sores use an antiviral agent prior to treatment, day of treatment, and 3 days following.
- Do not use topical agents that may increase the sensitivity of skin: retinoids, topical antibiotics, exfoliants, acids that may be drying or irritating to the skin (such as alpha hydroxyl acid (AHA) or 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 the area being treated 5-7 days prior.
- Moles, warts, or actinic (solar) keratosis cannot be treated.
- Bruising is a common risk, especially with PR injections. Avoid blood thinning agents (Asprin, Fish Oil, Omega-3, Vitamin E) for 1 week prior to treatment. May resume the day after treatment.

Contraindications:

- Pregnancy
- Actively infected or actively inflamed skin, skin irritation
- Cystic acne in the area being treated
- Keloid scars
- Allergies to topical lidocaine
- Sunburn

Day of Treatment:

- Please arrive with a cleansed face. No lotion, oil, makeup, powder, perfume, or sunscreen.

826 Main Street, Klamath Falls, OR, 97601

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Post-Treatment Instructions for PRP Injection

- Avoid scrubbing the injection sites for at least 4 hours.
- However, makeup may be applied immediately after, if desired.
- Starting on the evening of the treatment and for the next several days; wash your face gently with a mild cleanser (e.g. Aquanil or similar) once to twice daily.
- After several days, you may return to your regular skincare routine.
- Avoid direct high heat (e.g. blow dryer, sun, sauna, steam room, very hot shower, hot yoga, strenuous exercise, etc.) until the morning after treatment.
- For a minimum of 5 hours after the PRP has been applied to your skin, do NOT: wash your skin, expose the treated area/s to direct high heat, or engage in activities that will get you wet or cause you to sweat.

After PRP Application, we may apply a topical antibiotic ointment or another soothing/healing ointment (e.g. Aquafor). Starting on the evening of the treatment, wash your face gently with a mild cleanser. Also, use an SPF 30 sunblock each morning until healed.

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