

Before your PRP (Platelet Rich Plasma) Microneedling treatment:

Have a consultation first to see if you are a candidate. Please inform us if you have any medical conditions and/or allergies or if you bleed easily or have difficulty stopping the blood flow after you have an injury. Please let us know if you are taking any medication for blood thinning especially Coumadin, Warfarin, Ticlid, Plavix. Your PCP approval is necessary to stop them 1 week prior. Alka-Seltzer, Anacin, Ascriptin, Empirin, Excedrin, Fiorinal, Darvon, Percodan, Ibuprofen, Advil, Motrin, Naprosyn, Voltaren, Celebrex, Garlic, and Ginkgo Biloba. Aspirin, NSAIDs, St. John's Wort, high doses of Vitamin E, and heavy alcohol use should be avoided the week prior.

Let us know if you have a history of cold sores.

Be well hydrated. Limit coffee intake. Drink plenty of water the day before. And we recommend drinking 3 glasses of water right before the start of the procedure.

Eat a light snack or meal prior to coming in.

After having PRP (Plate Rich Plasma)

These skin reactions are normal and expected:

- 1) A little redness and irritation
- 2) Swelling
- 3) Tightness
- 4) A little bruising

VERY IMPORTANT:

****DO NOT WASH YOUR FACE FOR 20-24 HOURS AFTER TREATMENT**

Do not exercise for 24 hours.

Do not be exposed to excessive heat or steam for the following 3 days

Do not be exposed to sunlight. Do not exfoliate.

Do: Use gentle skin care, or Epionce Recovery Kit (1 free with purchase of PRP package) for 3 consecutive days after each treatment.

You may return to your skin care products and makeup when your skin is not irritated, typically 4 -5 days 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. This is because new collagen formation takes 4-6 weeks to develop; please be patient. It is recommended to have a minimum of 3 treatments, 4 weeks apart for maximum benefit.