

Transform Aesthetic Center

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PRE and POST TREATMENT | PRP (Platelet Rich Plasma)

PRE-TREATMENT CARE

- Avoid sunburn or sun exposure 24 hours prior. Adequate hydration is essential, so drink lots of water- at least 6 glasses the day before and at least 2 bottles of water 1-2 hrs before your procedure
- Discontinue Retin-A, retinoid cream, or skin lightening creams 12 - 24 hours prior
- Avoid treatment if you have active infections or numerous acne breakouts. Notify your clinician if you have ever had herpes simplex virus (cold sores)
- Avoid artificial tan 24 hours prior
- Arrive 20 minutes before your appointment time to numb and to draw your blood

MEDICATION

- Avoid aspirin, Advil, Motrin, Ibuprofen, Naproxen, Voltaren and other anti inflammatory medications for 3 days before your procedure. We want inflammation to occur – as this is one mechanism by which PRP works! You may take Tylenol for any pains, discomforts or joint pains you may have.

ALCOHOL & SMOKING

- Avoid alcohol for 1 day before your Microneedling and PRP session
- If possible, stop smoking or limit smoking for three days prior to your procedure. The more the better as we find it really impacts on the healing process!

SUPPLEMENTS

- Discontinue blood thinning agents such as vitamin E, vitamin A, Ginko, Garlic, Flax, Cod Liver Oil, Essential Fatty Acids and 3-5 days before your treatment.
- Please stop other multivitamins 1 week before your procedure as well.
- It's fine to continue iron, calcium and vitamin D

POST-TREATMENT CARE

- For 24 hours after the procedure - Do not apply makeup or sunscreen
- After 24 hrs, you may use a gentle cleanser; and moisturizer, or serum to relieve skin irritation. You may use sunscreen SPF 50 daily after 48 hours
- Avoid sweating and excessive sun exposure for 2 day
- After the procedure, the skin will be red and flushed in a similar way to moderate sunburn. You may also experience tightness and mild sensitivity to touch on the area treated. This will diminish greatly after a few hours following treatment and within the next 24 hours.

If you have any medical problems that arise while participating, please keep us informed. If an urgent medical problem should arise and you have a concern that it may be related to your care, please call us at 386-882-7830 and contact your primary care physician or go to the nearest healthcare facility/Emergency Room to have the problem assessed immediately.
