

PRE-TREATMENT CARE:

- If okayed by your health care provider, do not take any blood thinning medications such as Ibuprofen, Advil, Vitamin E, Fish oil, Excedrin, Aleve, etc. for at least two weeks prior to your treatment.
- Avoid alcohol and caffeine at least three days prior to your appointment. This will help diminish the bleeding, bruising, and swelling during and after your injections, which will result in making the overall procedure and recovery more comfortable for you.
- Stay hydrated and avoid coming in on an empty stomach. This will also help provide comfort during your appointment and help avoid any dizziness or "light headed" events.
- You may use Arnica tablets 2-3 days prior to injections to reduce the risk of bruising.

POST-TREATMENT CARE:

- Avoid massage or manipulation of the treatment area.
- Avoid icing the area for the first 48 hours. Ice may be used as needed after 48 hrs.
- Avoid exercise and high heat activities for 72 hours.
- If okayed by your health care provider, avoid taking any blood thinning medications (listed above, if ok with your medical provider only) for at least 1 week after treatment. If you are tender you may take Tylenol.
- Take Arnica to decrease bruising and swelling.
- Stay well hydrated.
- Avoid alcohol for 72 hours.
- Avoid wearing makeup on treated areas, if applicable, for 24 hours.
- Sleep with your head elevated.
- Avoid washing the treated area for at least six hours after procedure.

It is normal for residual swelling to last 2 weeks. If you feel that further enhancement is desired, please schedule a follow-up appointment. A series of at least 3 treatments is recommended for optimal results.

For hair restoration PRP/PRF: Avoid shower for 6 hours after treatment and use gentle shampoo to wash for the first 48 hours.