



## THINGS TO DO:

Drink at least 64 ounces of water the day of treatment and for 1 week afterwards. Hydration is key for good recovery and skin health.

Do not touch, press, rub, or manipulate treated areas for at least 8 hours.

Ice may be applied for 10 min on and 10 min off after the procedure for swelling/bruising in injected areas (if needed).

No sunscreen OR makeup for 24 hours following treatment.

Apply Aquaphor post-treatment as often as desired when skin dryness occurs. Aquaphor may be applied several times per day. After 24 hours, begin utilizing the Cuvget<sup>®</sup> vitamin ampules with PRF both morning and night.

Wash the face MINIMALLY 6 hours after treatment. Use a gentle cleanser, such as Cetaphil. Gently massage the face with tepid water (a shower can provide an easier ability to massage the face while washing at the same time), and remove all serum and dried blood.

This will improve the appearance of the skin and also allow for better subsequent product application, such as Cuvget<sup>®</sup>.

Keep the vitamin ampules containing PRF in the refrigerator for maximum potency.

Minimal makeup can be applied 72 hours post-treatment, but continue to use a gentle cleanser, Cuvget<sup>®</sup> skin care to repair the skin, and physical sunblock with an SPF of 25 or higher. If a more aggressive treatment was performed, use a more occlusive balm such as Aquaphor.

After 48 to 72 hours following treatment, you can return to regular skin care regimen with Cuvget<sup>®</sup> products being applied morning and evening.

Avoid alcohol-based toners for 7 days as well as excessive sun exposure for 10 days minimum.

For treatment of acne scars, usually 3-5 treatments are recommended 4 weeks apart.

For scalp applications, shampoo and condition your scalp daily starting from the first evening or the next morning after PRF.

It is normal to experience possible bruising, redness, itching, soreness, and swelling which usually subsides within 24-48 hours but may last from 3-10 days following your procedure. Arnica and bromelain are helpful to decrease bruising and swelling.

Tylenol may be taken for discomfort/pain (very rare). Again, avoid Advil (NSAIDs) and aspirin.

## WHAT TO AVOID:

To ensure the proper healing environment, be certain to observe the following:

For at least 1 month post treatment, do NOT use any Alpha-hydroxy Acids, Beta Hydroxy Acid, Retinol (Vitamin A), Vitamin C (in a low pH formula) or anything perceived as 'active' skincare. You can use your Cuvget® products as advised, as this is more of a regenerative skin care line.

Avoid retinols in particular when sunspots are removed, as the redness following treatment will certainly persist in duration. Redness will eventually disappear, but this can be extended to several weeks/months if excessive skin products are used prior to complete healing. Avoid direct sunlight on such red spots simultaneously.

Avoid intentional and direct sunlight, tanning beds, and heat exposure for 3 days.

Do not go swimming for at least 24 hours post-treatment.

No exercising or strenuous activity for 2 days post-treatment. Sweating and gym environments are harmful, rife with bacteria, and may cause adverse reactions.

If blistering or scabbing occurs, do not pick, or remove scabs. This could lead to unintentional scarring. Wash your face twice daily with a gentle cleanser.