

SKIN & LASER

Lytham St Annes

Polynucleotides (PN / PDRN): Pre-Care & Aftercare

Pre-Treatment Care (7 Days Before)

Proper preparation helps minimize bruising and optimize skin regeneration.

- Avoid alcohol for 48–72 hours prior to treatment.
- Avoid blood-thinning medications and supplements for 5–7 days, unless prescribed
 - (aspirin, ibuprofen, naproxen, fish oil, vitamin E, ginkgo, turmeric).
- Discontinue retinoids and active skincare (retinol, tretinoin, acids) 3–5 days prior in the treatment area.
- Avoid chemical peels, laser treatments, microneedling, dermabranding, or aggressive facials for 2 weeks before treatment.
- Arrive with healthy, irritation-free skin—no active acne, infection, eczema, or open lesions.
- Inform your provider if you:
 - Are pregnant or breastfeeding
 - Have autoimmune conditions, bleeding disorders, or active skin infections
 - Have a history of severe allergies
 - Are prone to keloid scarring
 - Have cold sores (antiviral medication may be recommended)

Day-Of Preparation

On the day of your appointment:

- Arrive with clean, makeup-free skin.
- Avoid exercise, alcohol, caffeine, and excessive heat before treatment.
- Do not apply lotions, oils, or active products to the treatment area.

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Post-Treatment Aftercare

Mild redness, swelling, tenderness, or small bumps at injection sites are normal and usually resolve within 24–72 hours.

- Do not touch, rub, or massage the treated area for 24 hours (unless directed).
- Avoid makeup for 12–24 hours.
- Avoid exercise, saunas, steam rooms, swimming, and heat exposure for 24–48 hours.
- Avoid alcohol for 24–48 hours.
- Apply cool compresses if needed for swelling or discomfort.
- Use only gentle cleanser and moisturizer for the first 48 hours.
- Avoid retinoids, acids, vitamin C, and active skincare for 5–7 days.
- Sleep with your head elevated the first night to reduce swelling.
- Bruising may occur and typically resolves within 5–10 days.

Treatment Plan & Results

A course of 2–4 treatments, spaced 2–4 weeks apart, is typically recommended. Polynucleotides improve skin quality, elasticity, hydration, texture, and repair. Results develop gradually as skin regeneration increases over weeks to months. Maintenance treatments may be recommended every 6–12 months.