



AMAZING SKIN AESTHETICS

6819 Warner Avenue
Huntington Beach, CA 92647
(714) 848-2232

PRF EZ-GEL POST-CARE INSTRUCTIONS

Thank you for choosing **Amazing Skin Aesthetics** for your PRF EZ-Gel treatment. The "EZ Gel" is a delicate, 100% natural filler. Because it does not contain synthetic cross-linking chemicals, following these steps is vital to ensure the fibrin matrix settles correctly and stimulates maximum collagen production.

1. Immediate Aftercare (First 24–48 Hours)

- **Hands Off:** Avoid touching, rubbing, or massaging the treated area. This can displace the gel or introduce bacteria to the injection sites.
- **Minimize Swelling:** You may experience mild to moderate swelling, redness, or bruising. You may apply a clean, cool compress (not ice-cold) to the area for 5–10 minutes every hour. **Do not apply heavy pressure.**
- **Sleep Elevated:** Sleep with your head slightly elevated (using 2 pillows) for the first two nights to help reduce localized swelling.
- **No Makeup:** Please wait at least 24 hours before applying makeup or skin creams to avoid the risk of infection at the injection points.

2. Activity & Skincare Restrictions

- **Physical Activity:** Avoid strenuous exercise, heavy lifting, or high-impact cardio for **48 hours**. Increased heart rate can worsen swelling and bruising.
- **Heat Exposure:** Stay away from saunas, steam rooms, hot tubs, or direct sun exposure for **3 days**. Excessive heat can increase inflammation.
- **Dental Work:** Avoid dental procedures for **2 weeks** following your PRF EZ Gel treatment to prevent the risk of bacterial spread to the treated area.

3. Skin Care & Results

- **Gentle Cleansing:** Use a mild, non-exfoliating cleanser and lukewarm water. Avoid active ingredients like Retin-A, Vitamin C, or AHAs/BHAs for 3 days.
- **Sun Protection:** Apply a broad-spectrum SPF 30+ daily. PRF stimulates new skin cells which are sensitive to UV damage.
- **The "Vanishing" Effect:** It is normal for the initial volume to appear to "settle" or decrease slightly after the first 3–5 days as the fluid portion is absorbed. The long-term regenerative results (collagen and elastin) typically begin to show at 4–6 weeks.
- **Maintenance:** A series of 2–3 treatments spaced 6 weeks apart is usually recommended for optimal correction.



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WHEN TO CALL US IMMEDIATELY

While minor bruising and swelling are expected, please contact our office immediately at **714-848-2232** if you experience:

- Severe or increasing pain at the injection site.
- Skin that feels hot to the touch or shows unusual spreading redness.
- Any blanching (whitening/paling) of the skin or a "mottled" (purple-ish lace-like) appearance.
- Fever or chills.

We look forward to seeing your beautiful results at your follow-up appointment!