



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. Since this treatment uses your own Platelet-Rich Fibrin, your body is now hard at work building new collagen and fibrin scaffolds. To ensure the best results and a smooth recovery, please follow these guidelines.

1. What to Expect (The First 72 Hours)

- **Swelling:** This is the most common side effect. Because EZ-Gel is a "bio-filler," you will see immediate volume that may look slightly "overfilled" for 3–5 days as the gel settles.
- **Redness & Heat:** The treated area may feel warm or look flushed. This is a sign of the natural inflammatory process required for PRF to work.
- **Bruising:** Small bruises at the injection or blood-draw sites are normal and typically resolve within 7–10 days.
- **Tenderness:** The area may feel "tight" or sore.

2. Cooling & Comfort Tips

While we want a natural inflammatory response, we want you to remain comfortable. **Follow these "Cool & Calm" tips:**

- **Gentle Cooling:** You may apply a clean, cold compress (not direct ice) to the area for **10 minutes on, 20 minutes off** during the first 24 hours. *Do not apply heavy pressure.*
- **Stay Upright:** Sleep with your head elevated on 2–3 pillows for the first two nights to help fluid drain and reduce morning puffiness.
- **Hydration:** Drink at least 64 oz of water daily. PRF performs best in a well-hydrated environment.
- **Avoid External Heat:** For the first 72 hours, avoid saunas, steam rooms, hot yoga, or very hot showers, as these can exacerbate swelling.

3. Activity & Skincare Restrictions

- **Hands Off:** Do not rub, massage, or apply firm pressure to the treated area for **48 hours**.
- **Cleanliness:** Do not apply makeup for at least **12–24 hours**. When you do, ensure your brushes are freshly cleaned.
- **Exercise:** Avoid vigorous exercise or anything that significantly raises your heart rate for **24–48 hours**.



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- **Avoid NSAIDs:** To maximize the PRF's effectiveness, avoid anti-inflammatory medications like **Ibuprofen (Advil/Motrin)**, **Naproxen (Aleve)**, or **Aspirin** for 3 days after treatment (unless prescribed by your doctor for a heart condition). Use **Tylenol (Acetaminophen)** for discomfort.

4. Long-Term Expectations

- **The "Vanish" Phase:** About 7–10 days after treatment, the initial "gel" volume may appear to decrease. Do not worry—this is normal. The PRF is now transitioning from a physical filler to a biological stimulant.
- **The Glow:** True results from collagen stimulation typically begin to show at **4–6 weeks** and continue to improve for months.
- **Maintenance:** A series of 2–3 treatments spaced 6 weeks apart is usually recommended for optimal correction.

⚠ WHEN TO CALL US IMMEDIATELY

While rare, please contact Amazing Skin Aesthetics at **(714) 848-2232** or your healthcare provider if you experience:

- Intense pain that is increasing rather than decreasing.
- Skin that feels hot to the touch or shows spreading redness (signs of infection).
- Skin blanching (turning white/pale) or a "mottled" (lace-like) purple pattern in the treated area.
- Shortness of breath or difficulty swallowing.