

Exosomes / Platelet Rich Plasma Therapy (PRP) Pre and Post Treatment Instructions

PRE-TREATMENT:

- Avoid taking Aspirin and non-steroidal anti-inflammatory medications (NSAIDS) such as Ibuprofen, Motrin, Naprosyn and Aleve for at least 1 week prior to treatment. Tylenol is allowed.
- In addition, very high doses of some vitamins and nutritional supplements can thin your blood and increase the chance of bruising. Avoid the following herbal supplements for at least 1 week prior to the treatment: Gingko, Garlic, Vitamin E, Vitamin A, Flax Oil, Curcumin and other anti-inflammatory nutrients.
- Avoid systemic steroids (prednisone, dexamethasone) for at least 1 week prior to treatment.
- Avoid alcohol and cigarettes for at least 1 week prior to your treatment.
- Hydrate well the day before and the day of the treatment for ease of blood draw.
- You may start Arnica pills 2 days before, and continuing the day of, and for 2 days after the treatment to decrease the risk of bruising.

PLATELET-RICH PLASMA (PRP) PRE-TREATMENT CARE TO PREPARE FOR THE BLOOD DRAW:

- PRP Therapy is very safe because cells from the patient's own blood are used, which means there are no preservatives and no chance of the body rejecting the cells. The primary risks and discomforts are related to the blood draw where there is a slight pinch to insert the needle for collection and there is a potential for bruising at the site.
- For optimal results and to decrease the chance of bruising at the draw site, please avoid all blood thinning medications for at least 1 week prior to your appointment. Discuss with your physician prior to discontinuing blood thinning medication prescribed by your doctor. Please notify your medical injector if you are taking Coumadin, Plavix, or any other blood thinners for a medical condition.
- Hydrate well the day before and the day of the treatment for ease of blood draw.
- You will not receive the PRP treatment if you have been on Accutane in the past 6 months.

CONTRAINDICATIONS

There are a few contraindications for this treatment, and patients with certain conditions may not be good candidates. Inform your provider if you have had any of following conditions:

- Active Herpes Simplex
- Acute and chronic infections;
- Skin diseases, and active skin infections
- Cancer, as well as chemotherapy treatments; (A period of at least 5 years remission from cancer is recommended for Exosome treatment.)
- Severe metabolic and systemic disorders;
- Abnormal platelet function;
- Chronic liver pathology;
- Anti-coagulation therapy

- Inflammatory conditions of the skin or scalp (ex. Alopecia)
- Underlying sepsis
- Systemic use of corticosteroids within two weeks of the procedure.

During the course of your treatments, notify TLC Laser & Skincare of any changes to your medical history, health status, or personal activities that may be relevant to your treatment.

POST-TREATMENT CARE:

Possible side-effects

- Short-lasting pinkness/redness (flushing) of the skin;
- Swelling or inflammation
- Herpes Simplex breakouts, localized skin infections
- Mild pain, tenderness and discomfort of the treatment sites
- Bleeding, bruising and/or infection, as with any type of injection;
- Allergic reaction to the solution;
- Injury to a nerve and/or muscle, as with any other injection; and
- Itching at the injection site.

Expect After Treatment:

- Immediately following the procedure, the most commonly reported temporary side effects are redness, swelling, bruising, tenderness, inflammation, tingling, numbness, lumpiness, and/or a feeling of pressure or fullness at the injection sites and/or in the treated area(s) which may last a few days.
- Cold gel packs/ice may be gently applied immediately after treatment to alleviate and reduce swelling.

To Avoid Bruising:

- Avoid cigarettes and alcohol consumption for a 1 week after treatment and refrain from taking blood thinners such as NSAIDS (Ibuprofen, Motrin, Aleve, Naprosyn, Aspirin) for at least 1 week after treatment. Tylenol is permitted for pain reduction.
- Avoid the following herbal supplements for at least 1 week after the treatment - Gingko, Garlic, Vitamin E, Vitamin A, Flax Oil, Curcumin and other anti-inflammatory nutrients.
- Bruising may last a few weeks. Arnica gel or cream will help alleviate and reduce the bruising.
- Avoid systemic steroids (prednisone, dexamethasone) for at least 1 week after the treatment.
- Tylenol is recommended if needed for discomfort.

To Maximize Results and Prevent Complications:

- Avoid touching at the injection sites for 48 hours after treatment.
- Sleep on your back with your head elevated and avoid rubbing, pressing, and manipulating the treated area for 2 weeks.
- Avoid direct sunlight for 1 week to prevent discoloration.
- Avoid direct high heat (blow dryer, sun exposure, sauna, steam room, very hot shower, hot yoga, strenuous exercise, etc.) for 24 hours after treatment.

- Makeup may be applied immediately after the treatment if desired. Mineral make-up is recommended for 1 week post treatment.
- No Facials, Facial Massages, or Laser Treatments for 2 Weeks Afterward: Most facials, chemical peels, laser, and light treatments may be done immediately prior to the treatment but not for 2 weeks after the treatment. Botox® may be injected immediately before or after.
- Avoid Retin-A®, Retinol and Tretinoin for at least 2 weeks after treatment.

Combination Therapy for Optimal Results:

- This stimulates your skin to grow new, younger tissue however; it does not prevent muscle movement or resurface the skin. Most patients see best results when combining their Exosome or PRP treatments with other anti-aging procedures such as Botox®, HA Fillers, etc.

Follow up Appointment:

- Most patients see improvement within 2-4 weeks with continued improvement for up to 12 weeks.
- If the desired level of correction has not been reached within 4-12 weeks, then we recommend repeating the procedure at 4 week intervals until you achieve the result you desire.

Maintenance Treatments:

- The results of this treatment can last up to 2 years, but results vary and research documenting the longevity of results is ongoing.
- Maintenance treatments are recommended every 6-12 months.

POST-TREATMENT CARE FOR TOPICAL APPLICATION WITH MICRONEEDLING OR RF MIRCONEEDLING

To Maximize Results:

- For a minimum of 5 hours after the application has been applied to your skin, DO NOT wash your skin, expose the treated area to direct high heat, or engage in activities that will get the skin wet or cause you to sweat (blow dryer, sun exposure, sauna, steam room, jacuzzi, very hot shower, hot yoga, strenuous exercise, etc.).
- Avoid direct sunlight for 1 week to prevent discoloration.

For best results and efficacy:

- We recommend a series of 3-6 treatments administered at 2-4 week intervals. You may notice immediate as well as longer term improvements in your skin.