



PRP/PRF TREATMENT:

BEFORE YOUR APPOINTMENT

- Avoid aspirin, ibuprofen, vitamin E and alcohol for 7 days before treatment.
- You may wish to use over-the-counter naturopathic treatments such as arnica to prevent bruising.
- If you develop a **fever, cold / flu, or develop a cold sore**, blemish, **or rash, etc. in the area to be treated** prior to your appointment, you must reschedule (*we will not treat you*).

THE DAY OF YOUR APPOINTMENT

- If possible, arrive without creams or make-up on the treatment area. Topical numbing cream will be applied to treatment area, please arrive 15-30 minutes early. Cleansing products are available for your convenience.
- Pre-treatment photos will be taken.
- The treatment areas will be wiped with alcohol.

AFTER YOUR APPOINTMENT

- Do not apply pressure to or massage the treatment area.
- Pinpoint bleeding may occur and will resolve quickly.
- Any immediate redness will subside within an hour and may be covered with makeup.
- Patients may develop mild bruising and or sensitivity around the injection site. This will resolve within 3-5 days after treatment. Apply cold compresses as desired.
- For optimal results and to restore collagen loss, we recommend the **Obagi Nu-Derm Complete System** or the **Epionce System with Intense Defense Serum**.

WHAT TO EXPECT

- The injection sites may be tender and appear puffy for up to 3-5 days.
- The initial swelling will subside after 1-2 weeks. The injections will build natural collagen fiber networks over the next several months. Multiple treatments may be needed to achieve the desired outcome.
- If you experience any prolonged symptoms, or an increase in discomfort or swelling the clinic would like to see you for immediate follow-up.

MAXIMIZING BENEFITS OF YOUR TREATMENT

- Our Skin Care Specialists will review and compose a simple, customized skin care program for you to begin before your treatment as well as once your skin has healed to maintain the desired results. A quality, daily home skin care regime will ensure that you maximize and maintain the benefits of your treatment.

For any questions or concerns, please call EFC Medspa at (281) 560-3955. In the event of a medical emergency, immediately go to the nearest hospital and/or ER or dial 911.