

PRF AND PRF EZGEL™

PRE-TREATMENT CARE:

1. Inform Your Provider: Inform your treatment provider of any medical conditions, allergies, or medications you are currently taking, especially blood thinners and anti-inflammatory drugs.
2. Avoid Blood Thinners: Avoid taking blood-thinning medications or supplements, such as aspirin, ibuprofen, vitamin E, and fish oil, for at least 1 week before your treatment, unless otherwise advised by your healthcare provider.
3. Avoid Alcohol: Do not consume alcohol for at least 24-48 hours before your treatment to minimize the risk of bruising and swelling.
4. Avoid Dental Work and Vaccines: Schedule any dental work and vaccinations at least 2 weeks before or after your filler appointment to prevent any potential infections or reactions.
5. Hydration: Drink plenty of water in the days leading up to your treatment to keep your skin hydrated and enhance the treatment's effectiveness.
6. Avoid Waxing and Threading: Do not wax, thread, or use any hair removal creams on the treatment area for at least 1 week before your appointment.
7. Arrive with Clean Skin: Arrive at your appointment with a clean face, free of makeup, lotions, or perfumes.
8. Medication Review: Discuss any medications or supplements you are currently taking with your provider to ensure there are no contraindications.
9. Plan Ahead: Schedule your treatment at least 2 weeks before any major events to allow time for any potential swelling or bruising to subside.

POST-TREATMENT CARE:

1. Avoid Touching: Avoid touching, rubbing, or massaging the treated area for at least 24-48 hours to prevent irritation and infection.
2. Avoid Heat and Exercise: Avoid vigorous exercise, saunas, hot tubs, and excessive heat for at least 48 hours after your treatment to prevent swelling and irritation.
3. Hydration: Continue to drink plenty of water to help with the healing process and improve the efficacy of the treatment.
4. Avoid Alcohol and Caffeine: Refrain from consuming alcohol and caffeine for at least 24 hours post-treatment to support optimal healing.
5. Monitor for Reactions: Monitor the treated area for any unusual reactions such as severe redness, swelling, pain, or signs of infection, and contact your provider immediately if they occur.
6. Gentle Skincare: Use gentle skincare products as recommended by your provider. Avoid harsh exfoliants, retinoids, and active ingredients like alpha hydroxy acids for at least 1 week post-treatment.
7. Avoid Makeup: Refrain from applying makeup to the treated area for at least 24 hours post-treatment to let your skin heal.
8. Sleep Elevated: Sleep with your head elevated for the first few nights after your treatment to help reduce swelling.
9. Follow-Up Appointment: Schedule a follow-up appointment with your provider as recommended to assess the results and determine if additional treatments are needed.

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