

Microneedling with PRP

Pre-Treatment Instructions

- Avoid sun exposure, tanning beds and tanning creams for 2-3 weeks before your treatment. Recent sun exposure may result in rescheduling of your treatment.
- Please stop the following medications 5 days before your procedure to reduce the risk of bruising. If taking under direction of a physician for ongoing health condition please speak to a provider prior to holding any medications.
 - Advil
 - Motrin
 - Ibuprofen
 - Aspirin
 - Fish Oil
 - Vitamin E
- Stop any topical retinol products 7 days prior to treatment
- Avoid dermal fillers and neurotoxin (Botox) 14 days prior to treatment

Post-Treatment Instructions

- Leave PRP on your skin for 24 hours post treatment
- After 24 hours, Refine MD recommends using Revision Skincare's Gentle Cleansing Lotion and Hydrating Serum for 2 to 3 days post treatment
- SPF 30 or greater can be worn after 48 hours avoid sun exposure for 10 days
- A mineral make-up can be worn after 48 hours
- You can return to use of retinol products 3 to 4 days post treatment or once skin is healed

What to Expect

- One small tube of blood (10cc) will be drawn prior to the procedure
- Skin may be slightly swollen, tight, red, blotchy and flaky for the first 3 - 4 days
- You may start to see improvement in your skin over the next couple of weeks with continued improvement for up to 4 months. Results are best seen with a series of 3 or more treatments at 4 to 6 weeks apart.