

PRE-TREATMENT INSTRUCTIONS

For Microneedling with Platelet Rich Plasma (PRP)

A few simple guidelines before your treatment can make a difference!

If you develop a fever, cold or 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).

If you have a history of Herpes (cold sores) we recommend that you are pretreated with medication. Skin Renaissance recommends Valtrex 2gm the day before your treatment and then another 2gm the morning of your procedure. **Please let us know that you need a prescription if you do not have this medication on hand. **

Discontinue use of anti-inflammatory drugs (steroidal and non-steroidal) such as: Aspirin, Motrin (or any other Ibuprofen drugs) at least 3 days to 1 week before your treatment. If you take Aspirin for a cardiac history, please tell us prior to quitting. With PRP, we "want" inflammation this is one of the mechanisms of how PRP does its work. If you are or have been on Systemic use of Corticosteroids (steroids) within 2 weeks of treatment, we will not treat you. Consult your physician for approval to discontinue use of steroids and receive treatment.

Discontinue use of any other blood thinning agents such as: Vitamin E, Vitamin A, Gingko Biloba, Garlic, Ginseng, Flax Oil, Cod Liver Oil, Essential Fatty Acids (EFA's and DHA's) etc. at least 3 days to 1 week before and after treatment to minimize bruising and bleeding.

It is recommended that you avoid: Alcohol, caffeine, Niacin supplement, spicy foods, and smoking three days before and after your treatment. (All of these may increase risk of bruising). Smoking will decrease the desired Growth Factor & Stem Cell activity and decrease your results.

It is recommended, if you have a special event or vacation coming up that you schedule your treatment at least 2 weeks in advance (we prefer 3-4).

Printed Name _____

Signature _____ Date _____ Provider _____