



MicroNeedling with PRP

BEFORE: The week before having the treatment (for best results):

- Discontinue any use of retinol and Retin A (tretinoin) medication.
- Be sure that you have not used Accutane in the last 6 months.
- Avoid the use of NSAIDS (ibuprofen, Motrin, Aleve, Naproxen, Aspirin, etc.) 3-7 days before procedure (Tylenol is OK for pain relief right up to and including the day of procedure – do not exceed 4000mg in a 24-hour period).
- Avoid the following nutritional supplements for 3-7 days before procedure - Ginkgo Biloba, Garlic, Vitamin E, Vitamin A, Flax Oil, Curcumin and other anti-inflammatory nutrients.
- Avoid the systemic use of corticosteroids for 1-2 weeks before the procedure.
- Avoid Alcohol and Cigarettes for 3-7 days before the procedure.
- HYDRATE very well the day before and the day of the procedure for ease of blood draw.

DURING: The day of the procedure:

- Topical Anesthetic is applied to the treatment area (30 - 60 minutes).
- Micro-needling with a medical device is completed.
- PRP is applied topically and sometimes injected if the provider feels it is appropriate.
- Expect to have redness, mild swelling and general "tight" feeling.
- Rarely, a mild peeling effect can occur.

AFTER: The week(s) after the procedure (for best results):

- Mild inflammation should be expected and in fact is the rejuvenation process in action.
- Avoid cold cloths and ice to the procedure site for 48 hours.
- Avoid retinoid and Retin A medications for 7 days
- Avoid sun and use a physical sun block to protect your skin and allow for best rejuvenation effect.
- Avoid the use of NSAIDS (ibuprofen, Motrin, Aleve, Naproxen, Aspirin, etc.) 3-7 days after procedure (Tylenol is OK for pain relief – do not exceed 4000mg in a 24-hour period).
- Avoid the following nutritional supplements for 3-7 days after the procedure - Ginkgo Biloba, Garlic, Vitamin E, Vitamin A, Flax Oil, Curcumin and other anti-inflammatory nutrients.
- Avoid the systemic use of corticosteroids for 1-2 weeks after the procedure.
- For best results AVOID Alcohol and Cigarettes for 3-7 days after the procedure.
- EAT a healthy diet and HYDRATE very well – at least 64 ounces of clean fresh water.

Please call our office during normal business hours if you have ANY questions or concerns: (718) 505-2737.

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