

## Zara Medical Aesthetics PRP Aftercare Instructions

Do NOT touch, press, rub, or manipulate the treated area (s) for at least 8 hours after your treatment

AVOID Aspirin, Motrin, Ibuprofen, Aleve (all non-steroidal and steroidal anti-inflammatory agents), Ginkgo Biloba, Garlic, Flax Oil, Cod liver Oil, Vitamin A, Vitamin E, or any other essential fatty acids at least 3 days-1 week prior to and after your treatment. Remember, we are creating inflammation.

If you experience discomfort or pain you may take Tylenol or other Acetaminophen products

You may apply Ice if you wish to the injected area for 20-30 minutes after the procedure but we would prefer if you can refrain from this.

Do not wash or take a shower for at least 6 hours after your treatment

Do not use any lotions, creams, or make-up for at least 6 hours after your treatment

AVOID vigorous exercise, sun and heat exposure for at least 3 days after your treatment

AVOID: Alcohol, caffeine, and cigarettes for 3 days before and after your treatment

Smokers do not heal well and problems recur earlier and results may take longer.

Maintain a healthy diet and Drink at least 64 oz.'s of water the day of the treatment. (Fiji water is recommended due to its high content of Silica)Continue water intake the first week after.

It is normal to experience: Bruising, Redness, Itching, Soreness, and Swelling that may last from 3-10 days following your procedure.

Please call our office should you have any questions or concerns regarding your PRP treatment or aftercare (830-587-4888)