



*Today's Dental*

## **Today's Dental - Pre and Post Care Instructions for PRP Micro-Needling**

Welcome to Today's Dental! We are excited to offer you PRP Micro-Needling, a revolutionary new treatment that can help reduce wrinkles and improve your skin's texture and appearance.

Before you begin your treatment, it is important to follow these pre and post care instructions to ensure the best possible results.

**Contraindications:** You should not have PRP treatment done at Today's Dental if you have any of the following conditions:

- An impaired immune system due to immunosuppressive diseases, HIV, HTV, or immunosuppressive medications
- Skin conditions and diseases including: Facial cancer, existing or uncured. This includes SCC, BCC and melanoma, systemic cancer, and chemotherapy.
- Steroid therapy, dermatological diseases affecting the face (i.e. Porphyria), communicable diseases, blood disorders and platelet abnormalities, anticoagulation therapy (i.e. Warfarin)
- A history of medication over the past 2 months that could affect the skin, i.e., Accutane
- Pacemakers, a history of a severe heart disorder, arrhythmias
- Pregnant or lactating
- Blood thinning medications or blood clotting disorders
- Any active skin disease or disorder around the treatment site; acne, eczema, psoriasis
- A history of keloids or abnormal wound healing
- Any surgical procedure in the treatment area within 3 months

### **Prior to Treatment, Inform Your Provider of the Following:**

- If you have a history of facial and/or nasal herpes or fever blisters to receive advice on antiviral therapy prior to treatment.
- If you have a history of any significant allergy or skin sensitivity
- If you have any implants that could be metal
- If you have recently had a facial peel or surgery
- Recent use of self-tanning lotions, tanning booths, or prolonged sun exposure 24 hours prior to treatment

- All current medications and supplements including blood thinning, Accutane and use of Retin-A products
- If you have had Hormone replacement therapy
- If you have a history of Keloid scarring
- If you are pregnant or lactating

### **7 DAYS BEFORE Treatment at Today's Dental:**

- Refrain from using any chemical peels, waxing, electrolysis, Laser treatments, or threading
- Stop taking any blood thinning agents such as Garlic, Flax, Cod Liver Oil, and Essential Fatty Acids, and multivitamins, a minimum of 7 days (preferably 14 days) prior to treatment at Today's Dental in Pinellas County, FL. It is acceptable to continue iron and vitamin D.
- If you are on any blood thinners, please let your provider know right away, as they may be a contraindication to this treatment at Today's Dental in Pinellas County, FL. These medications include Plavix, Coumadin and Heparin.
- Avoid taking aspirin, Advil, Motrin, Ibuprofen, Naproxen, Voltaren and other anti-inflammatory medications. We want inflammation to occur – as this is one mechanism by which PRP works.
- You may take Tylenol (acetaminophen) as needed prior to the treatment at Today's Dental in Pinellas County, FL.
- Prescription medications (including heart and blood pressure medication) should be taken as prescribed right up to, and including, the day of and the day after your treatments.
- Abstain from sun or heat exposure.

### **3 DAYS BEFORE Treatment Instructions:**

- Refrain from using any products containing Retin-A, Alpha Hydroxyl Acids, or any other exfoliating products for at least one week prior to treatment.
- Do not use any active products on the day of the treatment.
- Do not use any tanning beds or get a spray tan for at least one week prior to treatment.
- Do not take any ibuprofen, aspirin, or other anti-inflammatory medications for at least one week prior to treatment.

### **Post-Treatment Instructions**

- Continue to avoid aspirin, Advil, Motrin, Ibuprofen, Naproxen, Voltaren and other anti-inflammatory medications for 3 days after your procedure (if possible try for 7 days).
- Use a gentle cleanser (i.e. Avene Clean-Ac Cleanser) and tepid water to cleanse the face for the following 72 hours.

- Use a gentle moisturizer as needed.
- Avoid excessive sun exposure, including tanning booths, and wear a broad-spectrum sunscreen daily of SPF 30 or higher.
- Avoid warm environments (i.e., hot tubs, jacuzzis, steam rooms, hot yoga, saunas, etc.) for 3 days post treatment.
- By day two or three, your skin may feel a bit dry. This is normal and will resolve on its own.
- You may return to your skin care products and makeup when your skin is not irritated, typically 4 -5 days after treatment.
- You will begin to see improvements in the overall texture and tone shortly after your treatment, but the overall effects take up to 3 months, for optimal improvement.
- New collagen formation takes 4-6 weeks to develop; please be patient.
- It is recommended to have a minimum of 3 treatments, 4 weeks apart for maximum benefit

**If You Notice Any of the Following Symptoms, Reach Out to the Office Right Away:**

- Pus-like drainage
- Warmer temperature around the affected area
- Temperature of 101.5°F or higher
- Pain that does not respond to over-the-counter medication

If you have any questions or concerns about your treatment, please don't hesitate to contact us at Today's Dental in Pinellas County, FL. We look forward to helping you achieve the beautiful skin you've always wanted!

**6030 Park Blvd Pinellas Park, FL 33781 | (727) 547-6453 | [www.todaysdentalonline.com](http://www.todaysdentalonline.com)**