



Platelet-Rich Plasma (PRP) Patient Instructions

Pre-Treatment Instructions:

- AVOID sun tanning, spray tanning or sunbeds for 2-4 weeks prior to your treatment.
- Ideally, you should use sunscreen with an SPF of 30 or higher at least 2 times a day.
- If you have darker skin, you may need to use pre-treatment creams to help prevent hyperpigmentation from the procedure. This will need to start 4 weeks prior to your Plasma Pen treatment.
- In the few weeks prior to your treatment, AVOID any other treatments in the area such as lasers, chemical peels, fillers, micro needling, etc. as these may prevent you from receiving a Plasma Pen treatment at our appointment time.
- We recommend supplementing your diet with Vitamins C, A, E, Magnesium, Copper, Iron and Zinc for 2 weeks prior to your treatment.
- AVOID smoking and excessive alcohol intake, as these have negative effects on collagen formation.

During Treatment:

- Although the treatment is typically pain free, your treatment may be uncomfortable depending on the area(s) being treated.
- The Plasma Pen uses small probes to convert atmospheric gases into plasma energy which transfers into the skin's epidermal layer, down to the dermis. This microtrauma activates the fibroblasts in the deeper layer of the skin which then multiply to create more elastin and collagen.
- Immediate lift and dramatic skin tightening are often seen in the following weeks to months.

Immediately Following Treatment (First 24-48 Hours):

- Continue your normal daily activities acknowledging you will have carbon crusting occurring on the treatment areas causing a “social downtime.”

- Avoid exercise (especially sweating onto the area) for at least 3-4 days. Heat, sweat and/or steam can add to the inflammation that is already present.
- Use the post treatment products provided to you by RMD. Specifically, wash with the gentle cleanser twice a day (in the RMD bottle; it is white in color). Apply colloidal silver once to twice a day (in the black bottle) and Aloe Vera (in the RMD bottle, it is clear in color) as often as you feel any burning sensation (there is no limit to how many times a day you use this). The silver gel has powerful antibacterial and antiviral properties that work in tandem with aloe to help heal the inflamed skin and speed up the healing process. Take oral Vitamin C at least once daily for wound healing and immune system boosting while helping to prevent hyperpigmentation as well. If you purchased or were given HSN Complex, take 1 heaping tablespoon once daily instead of the Vitamin C. Apply Cicalfate or Epionce
- Calming cream or Aquaphor for moisturizing 2-3 times a day (depending on what you purchased or were given). Apply RMD mineral matter sunscreen at least 3 times a day to the affected area(s).
- There may be mild to moderate swelling and inflammation, especially around the eyes, for 1-7 days.
- You may apply cold packs covered with a clean cloth (do not apply the cold packs directly to the skin) as needed.
- Avoid using any anti-inflammatories, over the counter or prescription strength since the inflammatory response is a key part to the plasma pen treatment process.
- You may experience a stinging sensation that will feel like a sunburn which can last for a few hours to a few days.
- DO NOT cover the area with plastic, occlusive dressings or any type of makeup until the area is healed.
- You may use mineral makeup, if necessary, only after 48 hours and only with a clean new brush.
- Sleep on your back with your head elevated to help with the swelling and to avoid brushing your face on the pillow for up to 7 days.
- Should you develop oozing or evidence of infection, notify the office IMMEDIATELY to be seen.

The Following Days Post Treatment (Days 3-7):

- It is normal for the area to feel tight and dry.
- If there is weeping or serous drainage, this will settle down.
- Carbon crusts will form and will flake off on their own. DO NOT exfoliate them as this will delay healing and can contribute to scarring.
- Continue to clean the area treatment twice a day, but DO NOT rub the skin hard. You can use lukewarm water only to help remove excess oil. Pat dry with a clean cloth.

- ALWAYS keep the skin hydrated and moist.
- DO NOT take a hot shower for 3-4 days since this could cause more swelling and prevent the carbon crusts from forming naturally. Avoid shower gels and hair products as these can cause irritation and inflammation. Rinse thoroughly if these products do contact your skin. Pat dry.
- Men should AVOID shaving until the area is fully healed.
- After treatment around the eyes, AVOID wearing contact lenses for 3-4 days.

The Next 3 Months (After the First 3-7 Days):

- When the carbon crusts have fallen off, your skin will be pink as it is fresh, new and rejuvenated skin.
- Once crusts have fallen of, you may apply your usual skin care regimen including makeup, but avoid using products containing glycolic or other exfoliating ingredients
- You MUST apply SPF of 30+ at least twice a day while your skin is pink as it is prone to hyperpigmentation from overexposure during this critical time of healing.
- DO NOT use sun beds or saunas for 10-12 weeks post treatment.
- AVOID midday sun for 10 -12 weeks post treatment.
- AVOID other aesthetic procedures while your skin is healing to the treated areas.
- AVOID smoking and alcohol as they will inhibit adequate healing.
- Continue taking Vitamin C and/or collagen supplements daily.
- Understand it will take 12 weeks for the full effect of Plasma Pen to be seen.
- If you have any questions, DO NOT HESITATE to call the office at the number listed below.

Patient Name _____

Patient Signature _____ Date _____