

# THINGS TO KNOW

Ageless MD

## BEFORE PRP OR PRF INJECTIONS



SCHEDULE 3-4  
WEEKS BEFORE  
ANY EVENTS



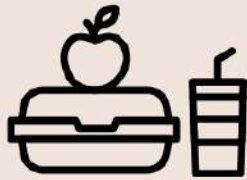
AVOID TAKING ASPIRIN/ IBUPROFEN  
OR BLOOD THINER SUPPLEMENTS 1  
WEEK BEFORE & AFTER TO PREVENT  
BLEEDING



AVOID ALCOHOL FOR  
24-48 HOURS BEFORE  
AND AFTER



NO RETINOL/  
ACTIVES FOR 1  
WEEK BEFORE &  
AFTER



DRINK AT LEAST  
64 OZ. OF WATER  
AND EAT BEFORE  
TREATMENT



CONTACT OFFICE IF  
YOU HAVE USED  
CORTICOSTEROIDS  
WITHIN 2 WEEKS OF  
TREATMENT



INFORM PROVIDER  
OF HISTORY OF  
COLD SORES

## AFTER PRP/PRF



WAIT AT LEAST 6  
HOURS BEFORE  
WASHING FACE OR  
SHOWERING



AVOID DIRECT  
SUNLIGHT & HEAT  
EXPOSURE FOR 3  
DAYS



REDNESS/SWELLING  
CAN LAST ~3-10 DAYS  
AFTER BUT CAN VARY



AVOID SWEATY  
EXERCISE FOR  
72 HOURS



DON'T PICK, RUB,  
MASSAGE OR  
MANIPULATE THE  
TREATED AREA



DO NOT USE ANY  
LOTIONS, CREAMS,  
OR MAKEUP FOR 6  
HOURS



MAINTAIN HEALTHY DIET  
AND WATER INTAKE FOR  
FIRST WEEK AFTER  
TREATMENT



CONTACT US FOR  
ANY CONCERNS