

PRP Hair/Eye Restoration

Pre PRP

- Avoid heavy exercise one day prior to your treatment. Increase your intake of fluid the day before your procedure by simply drinking 2 glasses of water in the morning before your PRP session, 2 glasses at lunch and 2 glasses at dinner. Please eat a normal breakfast or lunch the day of your PRP session.
- Wash your hair as normal in the morning or night before PRP treatment. Avoid alcohol, smoking, and any hair dye or procedures for 3 days before your PRP session. This is especially important for smoking as research shows smoking really impacts the healing process.
- Avoid aspirin, Advil, Motrin, Ibuprofen, Naproxen, Voltaren, and other anti-inflammatory medications for 7 days (1 week) prior to your procedure (if possible and ok with your PCP).
- 1 hour prior to procedure: Take 2 extra strength Tylenol if no allergy/intolerance. Bring a hat and a book / music to listen. Pre-medication: anxiety medication can be provided to you on the day of the procedure. You MUST have a driver if you prefer to be premedicated prior to procedure. Most patients do not need this and do very well with the cooling device we use to numb the scalp during injections.

Post-PRP Hair

- Avoid heavy exercise on the day of your procedure. Take Tylenol extra strength as needed every 8 hours the first day for any discomfort. Swelling may occur on the forehead or scalp due to volume injected, if this occurs, you can take Zyrtec 10 mg PO daily for 1-2 days.
- Resume using your recommended topical and oral regimen for hair regrowth the day after the procedure. You may resume hair coloring and/or style 2 days after your procedure.
- Avoid any smoking, alcohol, or hair products for the next 3 days. This will help the healing process. AVOID aspirin, Advil, Motrin, Ibuprofen, Naproxen, Voltaren, and other anti-inflammatory medications for 5 days after your procedure (if possible). We want inflammation to occur, as this is one mechanism by which PRP works.

Post-PRP Eyes

- Avoid heavy exercise on the day of your procedure. Take Tylenol extra strength as needed every 8 hours the first day for any discomfort. Swelling may occur on the forehead or scalp due to volume injected, if this occurs, you can take Zyrtec 10 mg PO daily for 1-2 days.
- Apply recommended eye cream twice daily (morning and night) followed by recommended sunscreen daily.
- Avoid retinoids, retinol, or any chemical peel to the area for 7 days post procedure. You may resume your normal skin care after 7 days.

Bruising and swelling can occur and expected. You may cover the bruising with a concealer. Follow with sunscreen. Results are best seen after 3 treatments. The boys stem cells stimulate new collagen and results can last 1-2 years.

Instalift Thread lift

A thread lift requires very little recovery time because of its minimally invasive nature, and the results are continued and cumulative as time progresses.

- Refrain from washing, wetting, and touching your face or the treated area for at least 12 hours after your procedure. Do not scrub for **2 weeks** after your thread lift. Do NOT have a facial, nor rub or massage the treated area for **2 weeks** after your procedure. Sleep on your back if possible, with your head raised & avoid bending forward extensively for 2 days post procedure.
- Take Tylenol if no contraindications as needed every 8 hours for the first 24 hours after your procedure (no ibuprofen)
- You may see some dimpling in the skin where the needles were inserted. This is expected and will resolve in 1-2 weeks. You can resume your normal skin care routine within **24 hours** of your treatment.
- Avoid **ALL** strenuous exercise for **1-2 weeks** post procedure. Make sure to eat softer foods and be careful with opening your mouth too wide. You can resume light forms of exercise, such as walking, 1 week after the thread lift, but be careful to avoid any exercise that strains the treated area. Weightlifting, for example, should be avoided for 1-2 weeks. Yoga, which requires your head to be below your heart, should be avoided for at least 7 days.
- Avoid any exposure to a sauna, hot tub or tanning for 4 hours. This will prevent your blood pressure from rising and thus minimize the risk of bruising after treatment.
- Bruising, swelling, textural changes in the skin, skin puckering at sight of suture insertion is expected. These will subside within a few weeks and can be covered up with makeup.

Eye contouring

- This treatment involves a chemical peel followed by microneedling to help pigment formation under the eyes.
- Avoid retinol, retinoids, or any other chemical on your skin for 7 days post procedure
- It is imperative to proper healing to use **ONLY** the recommended post procedure products daily and avoid direct sunlight for 14 days post procedure.
- You may resume your recommended eye cream 14 days post procedure.
- Results are best after 3 treatments spaced 2-4 weeks apart as they are cumulative. Results last 1-2 years for most patients.

Blepharoplasty (eyelid restoration)

- Avoid strenuous exercise or bending down (yoga, etc.) for 7 days post treatment.
- ICE as needed for the first 24 hours.
- Bruising and swelling is common and expected. This will resolve in 7-10 days for most patients.
- Use only the recommended gentle wash and eye cream daily followed by recommended sunscreen daily.
- You may resume your normal skin care 7 days post-surgery.
- Avoid Ibuprofen or NSAIDS if possible 7 days post-surgery (may cause more bruising or hematoma)