

Timing of Injections

- **Initial Injections:** Schedule 4 treatments at 4 week intervals
- **Maintenance Injections:** Schedule in 3 to 4 months intervals

Pre Procedure Precautions & Recommendations

To decrease the risk of bruising or bleeding:

- Stop taking all forms of Vitamin E, Green Tea, and Fish Oil, large quantities of Garlic, Non-Steroidal Anti-Inflammatory drugs such as Motrin, Ibuprofen, Aspirin, Aleve, and Excedrin. You may take Tylenol only.
- Discontinue alcohol consumption 4 days before and 3 days after injections.

PRODUCT DEGRADATION: Clinical results will vary per patient based on factors that include but are not limited to: patient's age, skin type, skin condition, sun damage, metabolism, smoking, alcohol or drug consumption, medications, illness, excessive stress, weight gain or loss, and environmental exposures. Many of these factors are known to contribute to limitations in product longevity and impact overall desired results.

POST CARE Precautions and Instructions

DO NOT USE ICE OR COLD PACKS. The PRP is rich in platelets that carry growth factors. These are living cells that require a **neutral temperature** to replicate. Extreme hot or cold temperatures will compromise efficacy.

- Return home and take a warm shower/shampoo.
- Do not use any topical preparations for 24 hours (gels, sprays, etc.)
- Do not touch the injection area unnecessary
- Do not color hair for 48 hours after injections
- Do not take Non-Steroidal Anti-Inflammatory drugs such as Motrin, Ibuprofen, Aspirin, Aleve, and Excedrin for discomfort for 24 hours. **Tylenol** is recommended for any discomfort.
- Avoid exposing yourself to extreme hot or cold temperatures or to large swings in temperature
- Do not go to a sauna or steam room for 48 hours
- Do Not Swim or undertake any strenuous exercise for 48 hours
- Do Not expose yourself to long periods in the sun
- Discontinue alcohol consumption **for 3 days** post treatment.

Please call Harmony Skin & Wellness Clinic (970-282-8266) immediately if you have any concerns.