



## **PRF & EZ Gel™ Pre + Post Treatment Instructions**

### **PRE-PROCEDURE INSTRUCTIONS**

To help minimize bruising and optimize your results, please follow these recommendations prior to your treatment:

**AVOID OR STOP** (unless prescribed by your physician)

- Aspirin, ibuprofen (Advil®, Motrin®), naproxen (Aleve®), and other NSAIDs
- Fish oil, Vitamin E, Ginkgo Biloba, turmeric, garlic, and other blood-thinning supplements
- Excessive alcohol consumption for 24-48 hours before treatment
- Excessive caffeine intake on the day of treatment

### **ADDITIONAL RECOMMENDATIONS**

- Drink plenty of water leading up to your appointment to ensure a successful blood draw.
- Eat a healthy meal before your procedure to help prevent dizziness.
- Stop smoking at least 3 days prior to treatment to support healing and maximize results.
- Avoid aggressive skin treatments such as chemical peels, laser treatments, and microneedling for at least 1 week prior to treatment.
- Avoid retinoids, exfoliants, and active acids for 3-5 days before treatment.
- Arrive with clean skin and avoid wearing makeup on the day of your procedure.

### **POST-PROCEDURE INSTRUCTIONS**

#### **IMMEDIATE AFTERCARE**

- Mild swelling, redness, tenderness, and bruising are normal and may last several days to two weeks depending on the treatment area and your body's healing response.
- Avoid touching, massaging, or applying pressure to treated areas for at least 24 hours.
- Avoid excessive icing immediately after treatment unless directed by your provider, as mild inflammation is part of the body's natural regenerative response.
- Avoid strenuous exercise, excessive sweating, saunas, steam rooms, hot tubs, and prolonged heat exposure for 24-48 hours.
- Avoid applying makeup for 12-24 hours to reduce the risk of irritation or infection.
- Use a gentle cleanser and avoid retinoids, exfoliants, and active acids for 3-5 days.
- Avoid aspirin, ibuprofen, naproxen, and other NSAIDs for at least 48 hours after treatment, as they may interfere with platelet function.
- If needed, Tylenol® (acetaminophen) may be used for discomfort.
- Stay well hydrated to support healing and collagen production.
- Avoid smoking and alcohol for at least 72 hours after treatment.

### **FOLLOW-UP & RESULTS**

- Results develop gradually as your body's natural collagen production is stimulated.
- Initial improvements may be noticed within several weeks, with continued improvement over the following 4-8 weeks.
- Optimal results are often achieved through a series of 2-3 treatments spaced approximately 6-8 weeks apart.
- Maintenance treatments may be recommended based on your individual goals and treatment plan.

If you experience unusual swelling, severe pain, signs of infection, or have any concerns following treatment, please contact D'Vine Medical Spa.

D'Vine Medical Spa  
(203) 528-4718

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