

PLATELET RICH PLASMA VAMPIRE FACIAL PRE AND POST CARE

Platelet Rich Plasma (PRP) is a non-surgical medical therapy that uses ingredients from your own blood to release active growth factors that naturally stimulate regeneration and rejuvenation of cells and tissues. The Vampire Facial involves the use of microneedling, which is a series of micro-injections using your PRP serum to rejuvenate the collagen and elastin in your skin. This is an excellent treatment to prepare the skin for further procedures and to manage a number of skin concerns, including: scarring, pigmentation, fine lines, enlarged pores, loose skin, stretch marks and general skin health.

Pre Care Instructions

- If you are able to, avoid blood thinning medication one week prior to procedure as these increase your risk of bruising. These include: over the counter medications such as Aspirin, Brufen, Voltaren, other anti-inflammatory medications, niacin, vitamin E and omega-3 fatty acids. Panado is acceptable to use.
- PRP relies on an inflammatory process which is prevented if you take anti-inflammatories.
- Please notify your doctor if you are using prescription or non-prescription blood thinners so that extra precaution may be taken to avoid bruising.
- Do not apply products that are potentially irritating to the skin 1 week *before and after* the procedure (eg. tretinoin, retinA, benzoyl peroxide, alpha and beta hydroxy acids and hydroquinone).
- Avoid aesthetic treatments such as botulinum toxin, dermal fillers, and deep chemical peels 2 weeks prior to the procedure.
- If you develop an infection, rash or any acute inflammation in the area to be treated prior to your appointment we recommend that you reschedule your appointment until it resolves.
- Please notify the doctor if you are prone to developing cold sores / fever blisters in order to receive antiviral treatment prior to therapy.
- **Contraindications to PRP:** Platelet or bleeding disorders, active local infections, oral isotretinoin, poor wound healing, local cancer or metastatic disease.
- **Contraindications to Topical Anaesthetic:** Pregnancy, breastfeeding, liver disease, PABA allergies, sulphonamide allergies, methaemoglobinaemia, pseudocholinesterase deficiency, and arrhythmia medications.

Day of Treatment

- We recommend you do not wear any makeup, it will need to be removed prior to treatment.
- Topical anaesthetic cream is applied to the face prior to the procedure and this will take effect whilst the PRP is in the centrifuge. If you would like the cream on for longer please arrive 30 minutes earlier for your procedure.

Post Care Instructions

- Immediately post procedure your face will be red, a bit swollen, and feel tight. This will settle within 1-2 days.
- Mild bruising may also occur and should resolve in 3-4 days.
- Most patients are able to resume normal activities the following day but some may take 2 days.
- A post procedural cream is applied at the end of the procedure and is to be washed off the following morning. The following day, use the post procedure cream provided as well as SPF twice a day.
- Avoid blood thinning and anti-inflammatory medication for the first week post procedure as this may affect the wound healing process and impede optimum collagen formation.
- Please avoid excessive sun exposure, vigorous exercise, active skincare ingredients, chlorinated water, and further aesthetic treatments for the 3 days following the procedure.
- Only use active skincare products once your skin has settled (5-7 days).
- If you experience infection within 24 hours please contact your doctor immediately on 087 806 8700.

Results can be expected after 2 weeks and are cumulative with successive treatments.