



PRE AND POST INSTRUCTIONS PRF GEL

Pre Treatment

- Do not wear make-up to your appointment.
- No aspirin, Ibuprofen, Motrin or Aleve for 2 weeks prior to EZGEL treatments and 2 weeks after.
- Expect mild inflammation, redness, and swelling for a few days.
- Use a physical sun block of SPF 30 or higher daily.
- Eat healthy and hydrate very well (the appropriate ounces of water daily).
- Avoid manipulating or pressing on the treated area(s) (including having other treatments done) for 48 hours. If you are concerned with any lumps felt, please call the office for a follow up appointment within 48 hours.

1 week after receiving treatment:

- Avoid Retin A®/Tretinoin or retinol containing products for 1 week.
- Avoid certain nutritional supplements (Ginkgo, Garlic, Vitamin E, Vitamin A, Flax Oil, Curcumin and other anti-inflammatory nutrients).
- Avoid Systemic Steroids (prednisone, dexamethasone) for 2 weeks.
- Avoid alcohol and Cigarettes.
- Avoid vigorous exercise for 5 days
- Avoid showering for the first 24 hours post-procedure
- Do not apply ice or heat to the injection site for the first 72 hours. After that, you may apply ice 3-4 times a day for 15-20 minutes for comfort.
- You may take Tylenol for discomfort.

Please contact your provider immediately if you notice any blistering, rash, crusting, pus, tenderness or any other changes that may concern you.

We want you to be completely happy with your visit to Eterna!
Call the office with any questions or concerns 253.268.3400 or after hours 253.466.5011..

If you are pleased with the service you received today, we invite you to post a review on Yelp or Google.