



## PRE AND POST-TREATMENT FOR BIO-LIFT

### Pre-Treatment

Before treatment you should discuss any current medical conditions, which may interfere with your ability to benefit from or participate with this treatment. This includes but may not be limited to any of the following.

- current skin cancers, systemic cancer, chemotherapy, steroid or immunosuppressive therapy
- dermatologic disorders such as psoriasis, lupus and other collagen vascular disorders, porphyria, atopic dermatitis, herpes simplex(cold sores) or other active skin inflammatory conditions
- history of abnormal scarring or keloids
- pregnancy and breastfeeding
- blood disorders and platelet abnormalities
- anticoagulation therapy such as Coumadin(warfarin), Plavix, Pradaxa, Eliquis, Xarelto
- platelet dysfunction syndrome, hypofibrinogenaemia, hemodynamic instability, sepsis, chronic liver disease, hepatitis, HIV or any other acute or chronic infectious process
- The following medications must be stopped 14 days before treatment as they impact the function of your platelets: aspirin, ibuprofen, naproxen, Nurofen, Voltaren, Diclofenac or other anti-inflammatory medications, St John's Wort, Garlic supplements, Vitamin E, Fish Oil, Gingko biloba, ginseng or other supplements which may thin your blood

### Post Treatment

Platelet-rich Plasma (PRP) is blood plasma that has been enriched with platelets. PRP contains several different growth factors and cytokines that stimulate healing of soft tissue. There is virtually no risk of an allergic reaction or intolerance due to the PRP is exclusively from the patient.

- 2-3 Treatments may be needed for optimal results and can be repeated in 4 weeks.
- During the next few hours, you may experience some skin tightening and dryness, which may last for 48 hrs.
- If PRP was injected, you may experience swelling and bruising. These should subside within hours to two weeks.
- Avoid anti-inflammatory meds, fish oils, facials and lasers for 4 weeks.
- Avoid alcohol beverages 48 hours after procedure.
- Avoid massaging treated area for 48 hours.
- After the Biolift treatment skin is more sensitive, avoid direct sunlight such as sunbathing, boating, golf, outside activities and physical exercise for 72 hours.
- After treatment, it is important not to wash treated area for at least 8 hours, if needed a thin layer of mild moisturizer can be used to alleviate the dryness.
- We recommend gently washing treated area with mild cleansers avoiding wash clothes. Apply SPF 30 sunscreen during the daytime and moisturizer at night.
- You may return to your normal skin care regimen once healing has occurred.

If you have unexpected irritation and excessive redness, please call our office immediately at 941-924-4914.

3830 Bee Ridge Road - Suite 201, Sarasota, FL 34233 – Phone: 941.924.4914 Fax: 941.921.6838