



Tollgate Aesthetics

Skin and Body Sculpting Center

PRP/ PRF EZGEL POST TREATMENT INSTRUCTIONS

1. Expect mild inflammation, swelling and redness. There may be bruising in certain areas.
2. Apply Arnica gel or cream twice a day for 3 days then daily for 1 week.
3. Avoid manipulating or pressing on the treated area for 48 hours (including having other facial treatments done). If you are concerned with any lumps felt, please call the office for a follow up appointment within 48 hours.
4. Try to sleep on an incline and not on your belly.
5. Avoid any massages where you are pushing your face into a massage table.
6. Avoid the following for at least 1 week:
 - Retin A/Tretinoin or retinol containing products.
 - NSAIDS (Ibuprofen, Motrin, Aleve, Naprosyn, Aspirin)
 - Tylenol is allowed for pain relief
 - Certain nutritional supplements (Gingko, Garlic, Vitamin E, Vitamin A, Flax Oil, Curcumin and other anti-inflammatory nutrients)
 - Systemic Steroids (prednisone, dexamethasone)
 - Alcohol and cigarettes