

CULTSKIN®

CULTSKIN® Pre-and-Post Care Advice for your appointment

Treatment Name: **PRP**

Product Used: N/A

Treatment Aim: to stimulate cell growth and tissue regeneration by injecting a concentrated amount of platelets from the patients' own blood supply.

Numbing: Topical Cream

Pre-treatment advice:

At least three weeks before your treatment, stop taking steroid medications.

Up to one week prior, please avoid blood-thinning medication such as ibuprofen or aspirin and herbal supplements, such as omega-3 capsules, vitamin E, St. John's Wort, garlic and ginkgo biloba, as and when possible.

Up to three days prior, refrain from the use of anti-aging actives or topical prescriptive medications, such as alpha hydroxy acids, Tretinoin, Retinols, Glycolic acids, etc.

Try to avoid alcohol, smoking and caffeine to prevent extra bruising.

The day before and the day of your treatment, be sure to eat a healthy meal, drink plenty of water and get enough sleep in preparation of your appointment. If you can, try to eat a diet rich in green, leafy vegetables and folate to increase your platelet count and develop healthy red blood cells.

Gentle shaving or tweezing on the treated area is completely fine, up to 3 days prior to your appointment, but avoid other hair removal processes that may affect the skin, i.e waxing, creams such as Nair or Lasers.

What can I do to ease the swelling/bruising before I have my treatment appointment?

We recommend taking oral Arnica tablets one week before and one week after treatment. Two tablets, three times a day in the lead-up. These are available from most pharmacies. We also offer a topical Arnica cream that can help speed up recovery from the outside in.

Can I drink alcohol before my treatment appointment?

At CULTSKIN®, we recommend that no alcohol is consumed at least 72-24 hours before and after treatment, as to not interfere with regular blood flow and healing.

Can I wear make-up to my treatment appointment?

We do advise and prefer patients to come to their appointment with no, or at the very least, minimal make-up on areas that are going to be treated. However, we still always medically prepare/clean the areas before injection.

What medical history is required?

Any previous medical and cosmetic/aesthetic procedure history / Current regular medications / Any allergies / If you suffer from cold-sores / If you're on steroids.

Can I have treatment if I suffer from cold-sores?

At CULTSKIN®, we advise cold-sore sufferers to take Acyclovir tablets seven days before their treatment appointment to prevent an outbreak. If you have an active cold-sore we

CANNOT treat you, so please contact our Patient Care team at your earliest convenience.

If I need pain relief before my treatment, what can I take?

For 72 hours before your treatment appointment, it is advised that you avoid anti-inflammatory painkillers such as Ibuprofen and Aspirin. Paracetamol however, is completely safe to take and the only pain relief CULTSKIN® advises ahead of and after treatment.

How soon after treatment can I travel or fly?

There are no restrictions on flying but we do ask all patients to try and stay in the country for at least 72 hours, preferably two weeks after the treatment appointment. We do advise you to avoid extreme heat for two weeks after the treatment too.

Post-treatment advice:

Aftercare is crucial - it can be the difference between targeted results achieved or not!

Avoid extreme cold, including ice packs directly applied to the skin.

Avoid touching, massaging or manipulating the injection points and/or treated area for at least 6 hours post-treatment.

Don't apply make-up to the treated area, for at least 24 hours, however up to 3 days post-procedure if you can help it.

Refrain from the use of anti-aging actives or topical prescriptive medications, such as alpha hydroxy acids, Tretinoin, Retinols, Glycolic acids, etc. to the area for 72 hours at the very minimum, depending on the level of redness, swelling or tenderness.

No exercise for at least 24-48 hours after your treatment appointment. Avoid vigorous exercise, straining and heavy lifting for the rest of the day of your appointment too.

Please continue avoiding alcohol for up to 72 hours post-treatment, to reduce swelling and irritation. Also, if possible, avoid caffeine, high-sodium foods, refined carbohydrates, cigarettes, high-sugar foods, Niacin supplements and spicy foods because they contribute to increased swelling and irritation.

Avoid extreme heat like saunas, steam rooms and sunbeds, as well as any facial massage for at least two weeks.

The following pointers will help maintain and enhance treatment results, minimising your healing period and downtime:

- Your skin will need to be shielded from the sun. Avoid direct sunlight and extreme heat, such as saunas, steam rooms and sun beds, and application of at least a SPF 30+ is a must.
- Drink plenty of fluids to stay hydrated; ideally 2L of water a day. That having been said, diuretics such as alcohol or caffeine should be avoided if possible, as well as strenuous physical activity, for the first 12-24 hours post-treatment.
- If you are experiencing undue swelling, do not worry - it's completely normal for some; an over-the-counter anti-inflammatory, such as Arnica, can be beneficial in reducing puffiness. You can even take over-the-counter antihistamines if swelling is prolonging for 5-7 days post procedure.
- Your skin may feel tight or itchy in coming days, which is completely normal - feel free to apply an approved moisturiser liberally. Ensure your moisturiser and skincare products have been approved by your CULTSKIN® Doctor or Skin Specialist. Tip: Refridgerate your moisturiser or SPF, making application especially soothing for the next few days.
- Although it may be tempting, avoid touching the treated area if you can. On the night of your treatment, please wash the treatment area with tepid water and a gentle cleanser, and refrain from using products with active ingredients, such as Retinols, Glycolic Acid, Benzoyl Peroxide,

Salicylic Acid, Vitamin C's, Manually Exfoliating Scrubs, or topical prescriptive medications for anywhere from 24 hours up to 72 hours post treatment, unless otherwise stated by your CULTSKIN® Skin Specialist or Doctor. Your skin will "speak" to you, so if the introduction causes irritation, abstain from using, for another day or two.

- Wait at least 2 weeks to then go ahead with anything that may interrupt your healing process.

Speak to a member of the CULTSKIN® team about which treatments and products would be best suited for you next and when to get them booked in for.

Contact us if you experience any of the below:

If you are concerned about any swelling, pain, redness. Please email bookings@cultskin.com with photos to be assessed by one of our CULTSKIN® doctors.

If you have a fever, temperature, flu like symptoms, vomiting or any signs of possible treatment infection, please phone our emergency phone line and one of our doctors will urgently assess you.

If you have any signs of allergy, itch, rash, wheeze, shortness of breath – contact 999 as you will need urgent medical treatment – this is very rare and most likely to occur while you are still in-clinic, so your care and safety will be handled efficiently.

Alternatively, should you feel concerned by what seems like an adverse reaction, want reminding on your specified aftercare instructions, or in the case of an emergency, feel free to call us on our main line number, **0203 970 4693**, within opening hours. However, we also have a dedicated emergency line, open 24 hours a day, to which you can call on **07311799185**.

Review policy:

Every patient is entitled to a review appointment 14-21 days after treatment. This is a complementary component of your initial treatment and an opportunity to ensure that you are satisfied with the treatment you have received. After this window of time, unless otherwise instructed or extended by your CULTSKIN® Doctor, a review appointment will cost £50 and is not redeemable towards additional treatment, had on the day, if applicable. It is mandatory for patients who have a review appointment booked and do not wish to attend, to provide us with 7 days notice if they wish to cancel the appointment. Failure to do so will result in a £50 charge to cover the time allocated in-clinic for the review appointment. If you have not yet booked your review and wish to have one, please contact bookings@cultskin.com and the Patient Care team will be able to arrange one for you.