



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 253.249.6979.**

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