



## Platelet-Derived Growth Factor (PDGF+) Instructions

### Pre-Treatment Instructions:

- Avoid blood thinners such as NSAIDs (Ibuprofen, Aspirin, Advil, Motrin), fish oil, Vitamin E, and alcohol for 3-5 days before treatment to reduce the risk of bruising and bleeding.
- Hydrate well in the days leading up to your appointment. Proper hydration can support optimal healing.
- If you have a history of cold sores, notify your provider in advance. You may be advised to take antiviral medication (e.g., Valtrex) 24 hours before treatment.
- Discontinue retinoids, exfoliants, and active skincare products (such as AHAs, BHAs, benzoyl peroxide, and Vitamin C) 3-5 days before treatment.
- Avoid excessive sun exposure and tanning beds for at least one week prior to treatment. Use broad-spectrum SPF 30+ daily.
- Arrive with clean skin (free of makeup, lotions, or skincare products).
- If you are pregnant, nursing, or have an active skin infection in the treatment area, this procedure is not recommended.

### Post-Treatment Instructions:

- Mild redness, swelling, and pinpoint bruising may occur and typically resolve within 3-7 days.
- Avoid touching, rubbing, or massaging the treated area for 24 hours post-treatment to prevent irritation.
- Ice packs may be applied in 10-minute intervals for the first 24 hours to reduce swelling and discomfort.
- Avoid NSAIDs (Ibuprofen, Aspirin, Advil, Motrin) for 48 hours post-treatment, as they may interfere with the healing process. Tylenol is recommended if needed.
- Keep the skin clean and avoid makeup for at least 12-24 hours post-treatment to reduce the risk of infection.
- Avoid excessive sweating, hot tubs, saunas, and strenuous exercise for 24-48 hours.
- Continue using a broad-spectrum SPF 30+ sunscreen daily to protect the treated skin.
- Stay hydrated and maintain a healthy diet to support healing and collagen production.
- Avoid alcohol for 24 hours post-treatment to minimize inflammation.
- You may resume your regular skincare routine (including active ingredients) 5-7 days post-treatment or as advised by your provider.

### Follow-Up:

- Results are typically seen within 3-6 weeks as collagen production increases.
- For optimal results, a series of treatments may be recommended based on your provider's guidance.

If you think you are having an emergency please call 401-782-2400. After hours or on the weekend please email [info@seamistmedspa.com](mailto:info@seamistmedspa.com) with EMERGENCY DR. SIMPSON.