



PDGF+ Injection Pre and Post Care Instructions

Pre-Treatment Instructions:

- Avoid anti-inflammatory medications (e.g. ibuprofen, aspirin, naproxen) for 5-7 days before and ideally up to 3-4 weeks after the procedure.
- Avoid certain supplements like turmeric/curcumin, arnica, ginkgo biloba, both before and after treatment.
- Avoid sun exposure, retinol, and exfoliation for one week before the procedure.
- Hydrate well for 24 hours prior to the procedure to aid in blood draws, according to Medical Day Spa of Chapel Hill.
- Arrive with clean skin, free of make up, lotions, or skincare products.

Post-Treatment Instructions:

- Bruising, swelling, redness, and even numbing are normal for up to 7-8 weeks after injection.
- PDGF's influence on nociceptive excitability can lead to pain and hypersensitivity, which may be misconstrued as numbness in some cases. This will resolve.
- **What To Do:**
 - Apply cold compresses: Utilize cold packs on the treated area for 10-15 minutes at a time to reduce swelling or bruising.
 - Keep head elevated: Sleep slightly propped up the first night to minimize swelling.
 - Use gentle skincare: Stick to mild cleansers and moisturizers for 24-48 hours post treatment.
- **What to Avoid:**
 - No touching or massaging: Avoid touching or rubbing the injection sites for at least 24 hours.
 - Avoid Makeup: Skip makeup for the first 12-24 hours to reduce infection risk.
 - No alcohol, caffeine, or salty foods: These can worsen swelling and bruising.
 - No strenuous activity: Avoid intense exercise, hot yoga, saunas, or steam rooms for 24-48 hours.
 - Avoid direct sunlight or tanning beds: Treated areas may be more sensitive, use SPF if going outside.

Follow Up:

- Allow 8-10 weeks to assess results. Results typically improve over several weeks as collagen production increases, (typically 8 weeks total).
- Return to the clinic for follow-up in 3-4 months, retreat if needed.
- Contact your provider if you experience severe pain, signs of infection, or unexpected side effects.