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O-FIX

PRE- AND POST-CARE GUIDE

PRE-TREATMENT INSTRUCTIONS

Avoid blood thinning medications **1 week** prior to the procedure as these increase your risk of bruising, as well as anti-inflammatory medications such as Aspirin. PRP relies on an inflammatory process which is prevented if you take anti-inflammatories.

Keep well hydrated the **day before** the procedure and following your treatment.

If you develop an infection, rash or any acute inflammation in the area to be treated prior to your appointment we recommend that you reschedule your appointment until it resolves.

If you have had herpes and/or cold sores in the past, please receive antiviral treatment prior to therapy.

WHAT TO EXPECT DURING TREATMENT

Local anesthetic cream will be applied to the area to numb the injection site. Please arrive **15-20 minutes early** for your appointment if you would like extra time with the numbing cream on.

A blood sample will be taken and processed in the centrifuge, after which it will be injected into specific areas.

POST-TREATMENT INSTRUCTIONS

While you will be able to return to work and/or daily activities after treatment, immediately after the procedure the area will feel a bit swollen and enlarged.

Mild bruising may occur and should resolve in **3-4 days**.

It is recommended to wait at least **2 days** before having sex or using a tampon.

Avoid anti-inflammatory medication and blood thinners for the **first week** post-procedure as this may affect your results.

We want you to have a safe and exceptional experience at BeautyFix!

If you experience discomfort within 12 hours post-treatment, please call BeautyFix at 212-366-4787 or email us at customercare@beautyfixmedspa.com with your concerns.