



HEARTLAND AESTHETICA
CURATED BEAUTY

10111 E. 21st St. Suite 305
Wichita, KS 67206
316-777-6393

Pre-Protein Rich Plasma (PRP)

- **AVOID sun exposure for 4 weeks before and 2 weeks after treatment. 48 hours**
- **Hydrate, Hydrate, Hydrate 48 hours prior to treatment, this helps with the blood draw**
- **AVOID dermal Fillers and Botox 2 weeks before and 2 weeks after treatment**
- Stop all skin resurfacing products 3 days before treatment unless otherwise instructed by your provider (Retin-A, retinol, differin, tazorac, glycolic acid, hydroquinone, harsh scrubs or exfoliating products, bleaching products)
- Inform provider if have a history of cold sores, we can prescribe an anti-viral prior to treatment
- **Avoid anti-inflammatory and blood thinning medications** 1 week prior if possible. Anti-inflammatory medications include Motrin, Ibuprofen and Aleve. Blood thinning medications prescribed by a physician should **NOT** be stopped unless you discuss with your physician. Over the counter medications include **Aspirin, Fish oil, Ginko, St. John's wart, Garlic, Vitamin E and Omega's**
- Inform provider if you have an auto-immune disease, connective tissue disease, history of PIH (Post inflammatory Hyperpigmentation) or if you have any metal plates, rods, or screws near the areas to be treated
- You are not a candidate if you are pregnant, breastfeeding, or have active acne, rash, or infection within areas to be treated
- You are not a candidate if you have used Accutane within the past year
- Discussed "**planned**" **downtime** with provider
- If you wear, contact lens and you are having a treatment around the eyes bring a case for them

Day of Treatment:

Arrive with a clean face, please do not wear make-up, lotion, or SPF if receiving a treatment on the face

Wear comfortable clothes for body treatments