

PRP Facial: Before & After Your Treatment

Regenerative Medicine at UPC | Rainier Guiang, MD

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Your PRP facial uses platelet-rich plasma (PRP) made from a small sample of your own blood. We prepare it with the EmCyte PurePRP® system and inject it into your skin. Numbing cream goes on first to help you stay comfortable. Results vary from person to person.

BEFORE YOUR VISIT

About 1 week before

- Ask your doctor before you stop any medicine.
- Stop ibuprofen (Advil, Motrin), naproxen (Aleve), and aspirin 5–7 days before, unless a doctor prescribed them.
- Stop fish oil, vitamin E, ginkgo, and garlic pills about 1 week before. These can cause more bruising and may make platelets work less well.
- Acetaminophen (Tylenol) is OK for pain.
- No new fillers, laser, or peels for about 2 weeks before. Ask us if you are not sure.

2–3 days before

- Stop retinoids (like Retin-A), scrubs, and acid products (like glycolic or salicylic acid).
- No alcohol for 24–48 hours before.

The day of your visit

- Drink plenty of water and eat a meal. We will draw a small amount of blood.
- Come with a clean face and no makeup.
- Arnica (for bruising) is optional. Ask us.

Please reschedule if you have

- A cold sore, skin infection, or acne flare on your face, or you feel sick.

Tell us if you

- Are pregnant or breastfeeding.
- Take blood thinners, or have a blood disorder or cancer.
- Have had cold sores. You may need an antiviral medicine first.

AFTER YOUR VISIT

What is normal

- Redness, swelling, small bumps, and maybe some bruising for 1–3 days.

The first day

- Do not touch or wash your face for 4–6 hours. Then wash gently with a mild cleanser.
- No makeup for 12–24 hours.
- A cool compress is OK. Do not put ice right on your skin.
- Sleep with your head raised on pillows the first night.
- No alcohol for 24 hours.
- No hard exercise, sauna, hot tub, or swimming for 24–48 hours.

The next 1–2 weeks

- Avoid ibuprofen, naproxen, and aspirin for about 1–2 weeks. They can weaken the PRP response. Acetaminophen (Tylenol) is OK.
- Use mineral sunscreen, SPF 30 or higher, every day. Stay out of direct sun for 1 week.
- Wait 3–5 days before using retinoids or acids again.
- No facials, peels, or laser for 2 weeks.

Your results

- Changes build slowly over several weeks. Results vary. A series of treatments is often recommended.

WHEN TO CALL US: 951-900-3253

Call us right away if you have pain that gets worse, redness that spreads, warmth, pus, fever, severe swelling, or blisters. ANY change in vision: call 911 or go to the ER now, then call us.

For an emergency, call 911.

Your next appointment: Date _____ Time _____

This sheet is general guidance; follow any specific instructions from your provider.