



## **Microneedling with PRP Treatment (Vampire Facial) or PEP Factor Microneedling Treatment**

### **Pre-Treatment Instructions:**

- Avoid aspirin (or any medications that thin the blood like Advil, Motrin, St. John's Wort, vitamin E) for two weeks before the procedure - to minimize bruising.
- Drink lots of fluids and eat before treatment
- A topical anesthetic cream will be applied prior to provide comfort during treatment
- If you suffer from keloid formation, please let us know
- You may take Arnica pills starting one day before and for five days following the procedure to limit bruising. You may want to drink fresh pineapple juice (or take Bromelain supplements 500mg twice a day) for three days following the procedure if you have no allergies to either of these products.
- **\*\*For Patients receiving Vampire Facial (Microneedling with PRP).** You may NOT be a candidate for PRP injections if you have platelet dysfunction syndromes, low platelet or red blood cell counts, unstable blood pressure, blood, skin or other infections, chronic liver disease, lupus, porphyria, undergoing chemotherapy or currently have cancer, currently taking anticoagulant medication, severe systemic medical issues, skin disease or skin cancer in the treatment site.

### **Post-Treatment Instructions:**

- Using the ampules from the Biopelle Tensage Interactive Serum 40 box,
  - Apply twice more the day of the treatment
  - Apply to the affected area twice a day (AM once, PM once)
  - YouTube Link:  
[▶ About the Tensage Interactive Serum 40 & How to Administer](#)
- Following treatment you may expect some redness, swelling, and possible bruising at the treatment sites. This is common and may last 2-3 days.

- Sleep with your head elevated for 2 nights to minimize any swelling. Most of the swelling is actually the fluid or plasma portion of the product being absorbed away as the platelet portion of the product creates the growth stimulating matrix. Under eyes, cheek, and around the mouth can look puffy for 1-3 days as the fluid is absorbed.
- Until the initial redness and swelling have resolved, avoid exposure to intense heat or cold weather.
- Avoid taking aspirin or blood thinning agents for one week following the procedure if possible and if cleared by your physician.
- Makeup and sunscreen may be applied in 24 hours,
- Avoid retin-A, microretin A or heavy night creams for one week or skin is healed
- Expect some flaking and discoloration for several days following the procedure.
- Avoid exercise and alcohol for 24 hours post-treatment

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