



THE ONE

CLINIC OF AESTHETICS

PRE & POST CARE

Plasma Aftercare



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Benefits of PRP skin rejuvenation using the Regen® System:

Along with the benefit of using your own blood, thereby minimizing allergic reactions, there is the added benefit of utilizing your own growth factors for your benefit. Platelet Rich Fibrin Matrix (PRFM) has been shown to have overall rejuvenating effects on the skin as in: improving skin texture, fine lines and wrinkles, via the increased production of collagen and elastin, and by diminishing and improving the appearance of scars. Other benefits: minimal down time, safe with minimal risk, short recovery time, natural looking results, no general anesthesia is required.

There are a few do's and don'ts before and after your Regen® System treatment. Your doctor will provide you with more details based on your specific needs, but here are a few recommendations:

BEFORE your Regen® System treatment:

- Avoid using alcohol, aspirin, nonsteroidal anti-inflammatory medications (such as ibuprofen), St. John's Wort, or high doses of Vitamin E supplements and Arnica. These agents may increase bruising and bleeding at the injection site.

AFTER your Regen® System treatment:

After your treatment (for 3 days) you should NOT do any of the following:

- Apply make-up
- Touch the injection area or rub the skin where the treatment has been performed
- Swim or undertake any strenuous exercise
- Expose yourself to long periods in the sun
- Go to a sauna or steam room
- Expose yourself to extreme hot or cold (ice packs) temperatures or to large swings in temperature



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AFTER treatments involving your face or lip area:

- Do not drink very hot or cold beverages
- Do not undergo any complementary treatment such as peelings, laser treatments, etc. for at least one month

Are there any side effects or adverse reactions?

PRFM is a totally natural treatment since it is derived from your own blood. However, the injection of PRFM is still a minor invasive procedure and most of the reactions that may occur are from the needle sticks themselves. These reactions may include: redness, local swelling, itching, discolouration and local pain. These are common to any injection procedure and are temporary, typically resolving on their own within 1 to 3 days. There is also potential for minor bruising in the treated area, which may last seven to ten days. We recommend that you plan your treatment when you can take some downtime if necessary. There are always general risks concerning the technique, methods, and material to which you will be exposed, even after precise injections by highly skilled physicians.

Immediately contact your treating physician for a professional opinion if you experience any side effects that concern you.

Results:

Results are generally visible at 6 weeks and continue to improve gradually over the next 3-6 months with improvement in texture and tone.