



DR ESTHER GRUNAU, MD
MEDICAL AESTHETICS

Tear Trough PRP Treatment

BEFORE & AFTERCARE

Please note: The result of this treatment takes time, and patience is key!
For best results, follow the instructions below before and after each session.

7 days before your treatment:

- Discontinue blood thinning agents such as vitamin E, vitamin A, Ginko, Garlic, Flax, Cod Liver Oil, and Essential Fatty Acids, and multivitamins.
- Avoid aspirin, Advil, Motrin, Ibuprofen, Naproxen, Voltaren and other over-the-counter anti-inflammatory medications. You may use Tylenol (acetaminophen) as needed, prior to the treatment.
- Prescription medications should be taken as prescribed right up to, and including, the day of and the day after your treatments. But if you are taking any prescription blood thinners, you are not a candidate for PRP treatment.

3 days before your treatment:

- Avoid alcohol consumption.
- Refrain from or minimize smoking prior to your procedure as it impacts the healing process.

The day before your treatment:

- Increase your intake of fluid the day before your procedure by drinking 2 glasses of water in the morning, 2 glasses at lunch, and 2 glasses at dinner, in addition to your normal intake of water.

The day of your treatment:

- Wash/cleanse your face as you usually would. Please avoid applying makeup around your eyes, such as under-eye concealer and mascara.
- Drink a bottle of water (500 mL) at least 2 hours before your session. You may eat normally, but avoid caffeine if possible.

INSTRUCTIONS CONTINUE ON NEXT PAGE...



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Immediately following your Tear Trough PRP treatment:

- It is normal to experience redness immediately following your treatment. This usually settles within 2-3 hours.
- You may have some mild itching/tingling and/or soreness around the treatment area. This usually settles within 1-2 days.
- You may take Tylenol/Acetaminophen-containing products as directed.
- It is normal and expected to have some swelling under the eyes and/or around the injection site. Most of the swelling near the injection site will resolve in 1-2 days.
- Your under-eye area will look a little "full" and will slowly settle over 1-2 weeks as the PRP takes effect.
- You may have a bruise at the blood draw site, and the treatment site. This typically settles within 2-3 days.

Until the day after your treatment:

- Please do not apply makeup, including concealer, to your under-eye area or the treatment site.

For 24-72 days following your treatment:

- Avoid saunas, steam rooms, prolonged sun exposure and extremes of heat
- Avoid vigorous exercise, including swimming
- Avoid alcohol and smoking. Smoking interferes with the healing process.
- Continue increased water intake.

For 1 week following your treatment:

- Do not use blood thinning agents such as vitamin E, vitamin A, Ginko, Garlic, Flax, Cod Liver Oil, Essential Fatty Acids and least one week after your treatment
- Continue to avoid aspirin, Advil, Motrin, Iburprofen, Naproxen, Voltaren and other anti-inflammatory medications

Infection is unlikely. But if you have any of these signs or symptoms of infection, contact us right away:

- Increased warmth at or around the treated area(s)
- Fever, yellow discharge, severe or increasing pain that is unresponsive to over-the-counter pain relievers (Tylenol/acetaminophen)