

The Platelet Rich Plasma (PRP) Treatment

(also known as The Vampire Facial)

What to expect: **Tonight**

Hunker down for the night - don't go out and leave your PRP ON ALL NIGHT!

Please allow yourself time to relax and heal. Avoid going out or being in an environment where you are self-conscious or concerned about what you look like; that is the last thing you want to worry about. This is YOUR treatment, YOUR skin, YOUR investment...and YOUR time to relax! Leave your PRP on all night and do not rinse until morning.

Following your appointment, your skin will start to feel a little tender as the lidocaine begins to wear-off. Taking a Tylenol (not an anti-inflammatory) is recommended to help with any discomfort as well as helping you sleep better.

DO NOT RINSE FACE, NECK or DECOLLATE!! You will start to feel tight- this is completely normal. Having a hot bath with the provided Himalayan Bath Soak will help your pores to remain open, keep you relaxed and also prevent your face from feeling dry and itchy. Some of your PRP might start to flake off but don't be alarmed; it happens, just try to keep it on all night as best as you can.

Tomorrow/ Day 2

“Pink and blotchy” but you can definitely go out in public!

Take a warm shower but avoid using soap in hair or on face. The micro puncture wounds we've created are still open and we want them clean- soap and shampoo free. Fresh out of the shower apply the provided vial of your remaining PRP. Apply evenly to entire face, surrounding eye area, neck and decollate. Apply a layer of the Peptides provided in your SWAG BAG as well. This complimentary jar of Peptides should be used throughout the day and with your daily

regimen moving forward. (Peptides ignite collagen and should be used morning and night on clean skin under moisturizer).

Expect to look a bit blotchy. There may be some areas where you have a little raspberry. That is from areas I targeted with the derma-pen such as deeper lines, superficial scarring and hyper-pigmentation. The pinker or “blotchy” areas are very temporary and completely normal. You can certainly go out in public but please do not wear make-up. If you are outside for more than 15 minutes at a time, **USE YOUR SUNSCREEN!**

Day 3

Skin is calm and evening out - be make-up free if you can! The longer you can go without make-up obviously the better, but if you need to wear make-up Day 3 you can.

Day 4 Make-up Day!

Skin is fine and the tenderness is gone. Micro-puncture wounds are closed and you are ready to wear make-up again. You might

experience light flaking on areas we went deeper with the needling.

This is normal and very temporary, but nothing like a chemical peel.

Hydrate hydrate hydrate!! Drink lots of water and layer all of your

moisture-rich products. Peptides, squalane, and hyaluronic acid are

your friends! Avoid scrubs but continue with normal regimen and you

are now fine to work out. You will see continuous results in the coming

weeks and even months! Your skin will feel tighter, firmer, and look

dewy, radiant and more youthful-looking. It is typical around 4 weeks

for you to catch your reflection and do a double take...but the most fun

is when everyone else starts to notice a difference. And they will! :-)

Please call the spa with any questions or concerns: 720-630-7790

Text our mobile business line outside of business hours: 720-968-7995

