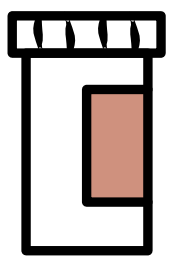
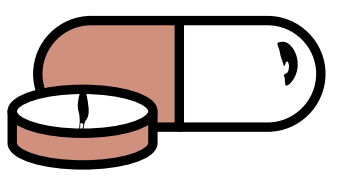


PRFM POST-CARE POLICIES



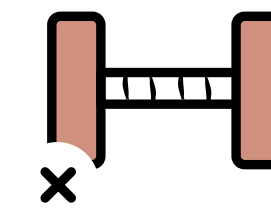
Medications

Avoid all medications/supplements/foods/alcohol (unless medically necessary) that were listed in the [Pre-Care Policies](#) until swelling and bruising has healed.



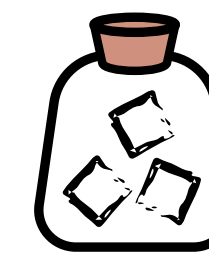
Pain Relief

If you experience a need for pain relief, please use Tylenol (unless it is contraindicated to a condition you have or medication you are taking).



Exercise

Avoid exercise until swelling/bruising has healed to prevent increasing circulation and prolonging the healing process.



Bruising/Swelling

If you experience bruising/swelling, take Arnica until it subsides. Always follow the instructions on the label and do not take it if it is contraindicated with any of your medications/medical conditions (such as high blood pressure).



Please note that multiple treatments are required to achieve results with PRFM and optimal results are seen 12 weeks following your final session.



**First 24 hours
after treatment**

- Ice the area(s) in 10-minute intervals as much as possible (10 minutes on, 10 minutes off).



**For three days
after treatment**

- Avoid swimming, hot tubs, and saunas.
- Avoid direct sun exposure and tanning.
- Avoid shampoos and other hair products such as hairspray, gels, creams, or conditioners.
- Avoid head coverings such as hats, wigs, and headbands.



**For five days
after treatment**

- Avoid any blood-thinning medications, foods, and supplements (unless they are prescribed to treat a health condition).
- Blood-thinning items include:
 - Advil, Ibuprofen, and Motrin
 - Almonds/Almond milk
 - Fish oil
 - Garlic
 - Ginger
 - Green Tea
 - Salmon
 - Sushi
 - Workout supplements & other supplements
- If you usually use pain relievers, please use Tylenol and have it on hand as it does not thin blood. Of course, please avoid Tylenol if it is contraindicated with any of your medical conditions or medications.



**For two weeks
after treatment**

- Redness, swelling, and tenderness is expected for up to two weeks.
- Tylenol can be taken for relief as needed, unless it is contraindicated with any of your medical conditions or medications.

Please read these instructions in full to ensure you are not missing important information. Following post-care will not only reduce the chances of complications and speed healing time, but will also product better results.