



PRFM PRE-CARE POLICIES



- Do not come on an empty stomach. Please arrive ready for treatment (clean face, no makeup, hair secured away from the face).



For one week before treatment

- Begin avoiding blood-thinning medications, foods, and supplements (unless they are prescribed to treat a health condition) to reduce chances of bruising and swelling.

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 three days before treatment

- Do not consume any alcohol.
- Take Arnica (unless you are allergic or it is contraindicated with any medications/medical conditions you have, including high blood pressure). Arnica can be purchased in our office, at Vitamin Shoppe, or on Amazon. Please follow the directions on the label and do not take it if it is contraindicated with any of your medications/medical conditions.

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