



## After Care Instructions Vampire Facelift®

- Wash the treatment area thoroughly a few hours after treatment using tepid water and a gentle cleanser to remove all serum and other debris such as dried blood. This improves the skin's appearance and allows for better subsequent absorption of the post-procedure PRP.
- Do not apply make-up for at least 24 hours. After 24 hours, mineral make-up may be applied using a CLEAN brush.
- For the first 1 -- 3 days, your skin will be dry and feel tight. Some flaking is normal; frequent use of hydrating products will help alleviate this.
- Use a physical sunscreen daily.
- After 5 -- 7 days, return to your regular skin care products. Vitamin A products are optimal and recommended.
- Tylenol may be taken for discomfort, but avoid anti-inflammatory pain relievers for 2 weeks if possible. These include: Aspirin (unless taking for a heart regimen or clotting disorder), Motrin®, Ibuprofen, Aleve®, and many prescription arthritis medications.
- Avoid alcohol based toners/lotions/RetinA/hydroquinone products for 10 days.
- Avoid direct sun exposure for at least 48 hours.
- Apply the PRP that was sent home with you (if any) every night until gone, or for 5 days.
- PRP may be safely stored at room temperature.

### **RECOVERY TIMELINE:**

#### **3/3/3 RULE**

**3 Hours:** Swelling should start to resolve.

**3 Weeks:** The procedure begins working; you may see the beginnings of more vibrant skin, skin color and tone may start to improve.

**3 Months:** The final result of your Vampire Facelift should take shape now. Your skin should appear healthier, more vibrant, plump, and fresher. Tiny lines and wrinkles should be improved from baseline.

Please contact us if you have any questions or concerns: **(208) 339-0106.**

### **Snake River Aesthetics & MediSpa**

815 S. 1st Ave., Pocatello, Idaho 83201

phone/text: 208.339.0106    email: [snakerivermedispa@gmail.com](mailto:snakerivermedispa@gmail.com)    web: [snakerivermedispa.com](http://snakerivermedispa.com)