



CBAM CLINIC

— COSMETIC | ANTI-AGING —

POST-CARE INSTRUCTIONS

PRP Treatment:

Possible Side-effects:

- Local infection
- Skin discoloration

Post-care Instructions:

- **Do Not** take NSAID's drugs (aspirin, Advil, Motrin...) for 7 days after treatment
 - **Do Not** drink alcohol for 72 hours after treatment
- **Do Not** take blood thinning agents such as vitamin E, vitamin A, Ginko, Garlic, Flax, Cod Liver Oil, Essential Fatty Acids at least one week after your treatment.
 - **Avoid** exercise or strenuous activities for 24 hours
 - **Avoid** hot yoga or sauna for 3 days
 - **Avoid** sun exposure for 3 days (apply sunscreen)
 - **Do Not** wash face or shower for 24 hours
- **Do Not** undergo other facial treatments for the next 2 weeks

cbamclinic.com

info@cbamclinic.com

1-866-366-2226