



POST TREATMENT INSTRUCTIONS

Exosomes

A few simple guidelines both pre and post-treatment can make a difference between a good result and a fantastic one.

Exosomes Post Care

POST CARE FOR INJECTED EXOSOMES FOR PAIN RELIEF

- **What to Expect After Treatment:** Immediately following the procedure, the most commonly reported temporary side effects are redness, swelling, bruising, tenderness, tingling, numbness, lumpiness, and/or a feeling of pressure or fullness at the injection sites and/or in the treated area(s). Cold gel packs/ice may be gently applied immediately after treatment to reduce swelling. The procedure may initially increase the symptoms for one to three days (and occasionally, up to ten days), and then may decrease in intensity.
- **To Avoid Bruising:** Avoid alcohol consumption for a minimum of 6 hours and refrain from taking blood thinners such as Aspirin and NSAIDS for several days. Tylenol is recommended if needed for discomfort.
- **To Maximize Results and Prevent Complications:**
 - Avoid touching or scrubbing at the injection sites for 24 hours after treatment.
 - Avoid direct high heat (blow dryer, sun exposure, sauna, steam room, very hot shower, hot yoga, strenuous exercise, etc.) for 24 hours after treatment.
- **Maintenance Treatments:** The results of this treatment can last up to more than 1 year, but results vary and research documenting the longevity of results is ongoing. Follow up visits are recommended every 6-12 months.

POST CARE FOR TOPICAL APPLICATION OF EXOSOMES WITH MICRONEEDLING

- **To Maximize Results:** For a minimum of 24 hours after the Exosomes has been applied to your skin, do NOT: Wash your skin, expose the treated area to direct high heat, or engage in activities that will get the skin wet or cause you to sweat (blow dryer, sun exposure, sauna, steam room, Jacuzzi, very hot shower, hot

yoga, strenuous exercise, etc.). It is recommended to not apply makeup for a minimum of 24 hours after treatment.

- **For best results and efficacy:** We recommend follow up visits at 6-12 month intervals. You may notice immediate as well as longer term improvements in your skin.
- **Combination Therapy for Optimal Results:** Exosomes Therapy stimulates your skin to grow new, younger tissue however; it does not prevent muscle movement or resurface the skin. Most patients see best results when combining their PRP treatments with other anti-aging procedures such as Botox®, HA Filler, AFT, FOCUS, etc.

POST CARE FOR TOPICAL APPLICATION OF EXOSOMES FOR HAIR TREATMENT FOR HAIR LOSS

It is not necessary to make many changes in your plans today. Do whatever you wish with the exception of avoiding aspirin, Advil, and alcohol. It is quite normal to experience some mild soreness and rarely swelling. Not all individuals experience this, but it can occur. Let us know if you have concerns and need our help.

- **Shampooing:** Please shampoo your hair tomorrow morning with any shampoo you wish
- **Hair Coloring:** It is fine to color your hair three days after the procedure
- **Hats:** Wearing a hat today is fine if you wish to. In fact, please limit sun on the area for 2 days.
- **Supplements:** Do not use blood thinning agents such as vitamin E, vitamin A, Ginko, Garlic, Flax, Cod Liver Oil, Essential Fatty Acids and least one week after your treatment
- **Foods and Caffeine:** Avoid alcohol, cigarettes for the next three days.
- **Smoking:** Avoid smoking for three days (if possible) – we find it makes a big difference to healing.
- **Medications:** Avoid aspirin, Advil, Motrin, Iburprofen, Naproxen, Voltaren and other anti inflammatory medications for 3 days after your procedure (if possible try for 7 days). We want inflammation to occur!

POST CARE FOR EXOSOMES HAIR RESTORATION INJECTION TREATMENT

Please carefully read and follow these instructions after your Exosomes treatment. There are minimal restrictions after your Exosomes injections allowing you to return to your daily activities almost immediately.

- DO NOT touch, press, rub or manipulate the treated area(s) for at least 12 hours after your treatment.
- AVOID Advil, Aleve, Aspirin, Ibuprofen, Motrin, Naprosyn, (all non-steroidal anti-inflammatory agents), Vitamin A, Vitamin E, Ginkgo Biloba, Garlic, Flax Oil, Cod Liver, Essential Fatty Acids (EPA, DHA), for at least 1 week prior to and 2 weeks after your treatment. Remember, our goal is to create inflammation. These listed medications will limit or prevent inflammation, which can diminish your results. If you must take Aspirin for cardiac reasons, you certainly may do so, but this may limit your results.
- It is normal to experience bruising, redness, itching, swelling and/or soreness that may last from 2-5 days following your procedure. If you experience any pain or discomfort you may take Tylenol or other Acetaminophen-containing products as directed.
- We would prefer if you could refrain from applying ice to the injected area as ice acts as an anti-inflammatory.
- Do not wet your hair for at least 3 hours after your treatment.
- For the first 3 days, use shampoo that is pH balanced.
- Do not use any hair products for at least 6 hours after your treatment.
- AVOID saunas, steam rooms, swimming for 2 days after your treatment.
- AVOID vigorous exercise, sun and heat exposure for at least 2 days after your treatment.
- AVOID alcohol, caffeine, and cigarettes for 3 days after treatment. Smokers do not heal well and problems recur earlier and results may take longer.
- AVOID resuming Minoxidil (Formula 82M, Rogaine®) or hair coloring or straightening for 3 days.
- Continue increased water intake the first week after your treatment.

Please do not hesitate to call our office should you have any questions or concerns regarding your Exosomes treatment or aftercare.

IF YOU HAVE ANY QUESTIONS OR CONCERNS, PLEASE CONTACT US IMMEDIATELY

