



PDGF Injection Treatment Pre-Care Instructions:

To ensure the best possible results and minimize risks, please review the following instructions before your PDGF injection appointment.

1–2 Weeks Before Treatment

- Avoid blood-thinning medications if medically safe (examples: aspirin, ibuprofen, naproxen) for 7–10 days prior.
- Stop supplements that increase bruising/bleeding (vitamin E, fish oil, ginkgo, garlic, St. John’s Wort) unless prescribed by your physician.
- Avoid other injectable treatments, chemical peels, or laser procedures in the planned treatment area for at least 2 weeks before.

3–5 Days Before Treatment

- Discontinue use of retinoids, glycolic acid, salicylic acid, or other exfoliants on the treatment area.
- Avoid alcohol consumption, which can increase risk of bruising.
- Hydrate well — aim for at least 6–8 glasses of water daily.

Day Before / Day of Treatment

- Come to your appointment with clean skin (no makeup, lotions, self-tanner, or sunscreen on the area).
Eat a light meal before treatment to avoid lightheadedness.
- Wear comfortable clothing if the treatment area is on the body.
If you are prone to cold sores and the treatment area is near the mouth, notify us in advance — a preventative prescription may be recommended.

Important Reminders

- Reschedule if you have an active infection, rash, cold sore, or open wound in the treatment area.
- Inform your provider if you:
 - Are pregnant or breastfeeding
 - Have a history of bleeding disorders
 - Take anticoagulants or other prescription medications
- Mild bruising and swelling are normal, but careful pre-care significantly reduces risk.