



**Dream Aesthetic**  
*by Dr. Ortiz*

## Dream Aesthetic by Dr. Ortiz

### *Pre-Care Instructions – PDRN & RF Microneedling*

Thank you for choosing us for your skin rejuvenation treatment! To ensure the best results and a smooth experience, please carefully follow these pre-care instructions:

#### **Before Your Appointment**

**Discontinue Blood Thinners (if approved by your doctor):**

Aspirin, ibuprofen, fish oil, vitamin E, and other blood-thinning supplements should be avoided **at least 5 days before** treatment to minimize bruising and bleeding.

**Avoid Alcohol & Smoking:**

Refrain from alcohol and smoking for **48 hours prior** as both can increase the risk of bruising and delay healing.

**No Tanning or Sunburn:**

Avoid direct sun exposure, tanning beds, or self-tanners for **1 week before** treatment. Skin should not be irritated or sunburned.

**Stop Using Harsh Skincare:**

Pause retinoids, glycolic acid, salicylic acid, or any exfoliating agents for **5–7 days before** your session.

**Stay Hydrated:**

Drink plenty of water in the days leading up to your treatment to support your skin's healing response.

#### **On the Day of Treatment**

**Arrive with Clean Skin:**

Please come to your appointment with a freshly cleansed face, **no makeup, lotion, sunscreen, or other products**.

**Eat a Light Meal:**

A small snack or meal before your appointment can help prevent lightheadedness.

**Medications:**

If you are prone to cold sores, inform your provider as you may need to take an antiviral medication before treatment.

#### **Additional Notes About PDRN & RF Microneedling:**

- **PDRN (Polydeoxyribonucleotide)** is a regenerative treatment that stimulates collagen, repairs damaged skin, and improves elasticity using DNA fragments derived from salmon.
- **RF Microneedling** combines micro-injuries with radiofrequency energy to tighten, smooth, and rejuvenate the skin.

These treatments work synergistically for powerful skin renewal, but **pre-care is key** to minimizing discomfort and enhancing your results.

👉 If you have any recent skin infections, active acne, open wounds, or major health concerns, please inform us ahead of time.

#### Have Questions?

We're here for you every step of the way! If you're unsure about anything or want to talk before your appointment, don't hesitate to reach out.

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