

PDGF (Ariessence®) Treatment Pre & Post Care

Pre-Treatment Care

To optimize results and minimize bruising:

- Avoid NSAIDs (ibuprofen, naproxen), aspirin, and blood-thinning supplements for 48 hours prior, if medically appropriate:
 - Fish oil / Omega-3s
 - Chia / flax seeds
- Avoid alcohol for 24–48 hours prior
- Stay well hydrated—hydration supports healing and growth factor activity
- Avoid the following in the treatment area:
 - Dermal filler
 - Chemical peels
 - Laser treatments
- If you have a history of cold sores (HSV) and are treating the face:
 - Take prophylactic antiviral medication as directed

Day of Treatment

- Arrive with clean skin or scalp (no makeup, lotion, or styling products)
- Eat a light meal and stay hydrated
- For scalp treatments:
 - Hair should be clean, dry, and product-free

Post-Treatment Care

PDGF uses advanced growth factors to stimulate collagen, tissue repair, and follicle health—proper aftercare is essential.

Immediately After Treatment

It is normal to experience:

- Mild swelling
- Pinkness or redness
- Tightness or sensitivity
- Occasional pinpoint bleeding (resolves quickly)

First 24 Hours (Critical Healing Phase)

- Do not touch, rub, or wash the treated area
- Avoid:
 - Exercise or sweating
 - Saunas, steam rooms, hot tubs, hot yoga
- Avoid alcohol and NSAIDs if possible

24–48 Hours After

- You may gently cleanse with a mild, non-irritating cleanser
- Avoid makeup for 24 hours (if treating the face)

Scalp Treatments:

- Wait 24 hours before washing hair
- Use a gentle shampoo

First 3 Days

- Use only gentle, hydrating, and reparative products
- Recommended:
 - Hyacyn
 - Hydrinity
 - Soothing serums
- Avoid:
 - Retinoids
 - Exfoliants (AHA/BHA)
 - Benzoyl peroxide
 - Any irritating or active products

Days 3–7

- Continue gentle skincare
- Mild dryness or flaking is normal
- Resume your normal routine once skin/scalp is fully healed (typically 5–7 days)

What to Avoid for 1 Week

- Facials, peels, scrubs
- Strong active ingredients (Retin-A, AHAs/BHAs, Vitamin C if sensitive)
- Laser treatments in the treated area
- Hair coloring or chemical services (if scalp treated)

Results & Follow-Up

- Results develop gradually over several weeks
- PDGF supports:
 - Collagen and elastin production
 - Skin rejuvenation
 - Hair follicle stimulation

| Maintenance treatments are typically recommended every 6–12 months

When to Contact RN Esthetics

Please notify us if you experience:

- Increasing redness, swelling, or pain
- Signs of infection (warmth, drainage, fever, chills)
- Prolonged irritation beyond expected healing
- Any unusual or concerning reaction

Pro Tip

PDGF is part of our regenerative treatment category, designed to enhance your skin and hair at a cellular level. Consistency and pairing with the right skincare plan will maximize your results.