

Patient Instructions for Ariessence® Pure PDGF+ Injections

Ariessence® Pure PDGF+ represents a breakthrough in skin rejuvenation as the first and only aesthetic product with an FDA-approved growth factor. By combining the powerful regenerative properties of platelet-derived growth factor with hyaluronic acid, this treatment offers patients a safe and effective way to achieve youthful, glowing skin.

Platelet derived growth factor (PDGF) is naturally found in human blood, platelets, embryonic tissues and bone, and is essential for cellular growth, tissue repair and wound healing. Recombinant PDGF has been utilized therapeutically for various treatments including orthopedic and maxillofacial surgery applications in over five million patients in the past 15 years.

PDGF stimulates the body's natural repair processes by activating proliferation of stem cells, fibroblasts and smooth muscle, and stimulating production of new blood vessels, collagen, elastic tissue, and extracellular matrix (including glycosaminoglycans and hyaluronic acid), which are essential components of healthy, youthful skin. Histological analysis demonstrated that skin wounds treated with pure PDGF had fewer inflammatory cells and more abundant collagen synthesis with improved blood supply.

The full procedure may take between 15-45 minutes. Often 3-4 treatments are advised, however, more treatments may be necessary for some individuals for best results. It is often recommended that treatments be done once a year after the initial series of treatments to continue regeneration and maintain or enhance the results. The use of PDGF injections for treatment of scars and facial wrinkles and hair loss is considered "off label" and experimental.

CONTRAINDICATIONS: PDGF use is safe for most individuals between the ages of 18- 80. There are very few contraindications, however, patients with the following conditions are not appropriate candidates:

1. Pregnancy or Lactation
2. Acute and Chronic Infections
3. Skin diseases (i.e. systemic lupus erythematosus, porphyria, allergies)
4. Cancer
5. Chemotherapy treatments
6. Severe metabolic and systemic disorders
7. Abnormal platelet function (blood disorders, i.e. Hemodynamic Instability, Hypofibrinogenemia, Critical Thrombocytopenia)
8. Chronic Liver Disease
9. Anti-coagulation therapy (Coumadin, Warfarin, Plavix, Aspirin, Lovenox)
10. Underlying Sepsis
11. Systemic use of corticosteroids within two weeks of procedure

Prior to treatment:

1. Avoid prolonged sun and heat exposure and use a sunscreen with at least SPF 30.
2. Anticoagulant therapy including aspirin, ibuprofen, naproxen should be discontinued 14 days prior to treatment (please check with your primary care physician if prescribed for medical reasons).
3. Minimize or avoid alcohol consumption 2-3 days prior to procedure.
4. If possible, refrain from or minimize smoking prior to your procedure as it impacts the healing process.
5. If you are scheduled for PDGF injections and facial microneedling, please discontinue retinoids including retinol or retin-A (tretinoin) and other skin irritants and exfoliants including glycolic or lactic acid for a minimum of 3-5 days prior to treatment.
6. If you are scheduled for PDGF injections and facial microneedling and if you have a history of perioral herpes simplex virus infection (cold sores), an antiviral medication (valacyclovir) will be prescribed prior to treatment (please inform us if you require a prescription).
7. If you are scheduled for PDGF injections for treatment of hair loss, you may continue other hair loss treatments such as minoxidil, finasteride or spironolactone before your procedure. If you are not sure if you should stop a medication, please ask. It is okay to color your hair up to 7 days before the procedure.

Day of Treatment:

If you are receiving PDGF injections combined with microneedling for treatment of scars or facial rejuvenation, please follow microneedling instructions:

1. Please arrive at least 60 minutes prior to your scheduled appointment time for topical anesthesia, if you are combining PDGF injections with facial microneedling treatment.)
2. The skin must be clean. If you apply lotions, perfumes, make-up, deodorant, self tanners, please clean them off with a gentle cleanser and water provided.
3. If applicable, please take the prescribed antiviral medication (Valacyclovir 2g single dose), preferably, at least 2 hours prior to treatment.

If you are receiving PDGF injections/PDGF application (combined with KeraLase®) for treatment of hair loss, please follow the instructions below:

1. Shower in the morning of your treatment and wash your hair very thoroughly using your regular shampoo.
2. Do not apply sprays, gels, or any other styling products to your hair.

3. If you wear a hair system, please remove it prior to shampooing and do not wear it before your PDGF injections/PDGF application (combined with KeraLase®)
4. Please eat a normal breakfast or lunch and stay hydrated on the day of your procedure.
5. Please avoid washing your hair in the evening of the procedure.

Post-treatment Instructions:

1. It is normal to experience bruising, redness, itching, swelling and/or soreness that may last from 2-5 days following your treatment. If you experience any pain or discomfort you may take Tylenol/Acetaminophen as directed.
2. Try to refrain from applying ice to the injected area as ice acts as an anti-inflammatory. Ice or cold compresses can be applied to reduce swelling and bruising only if required.
3. Continue to avoid aspirin, Advil, Motrin, Iburprofen, Naproxen, Voltaren and other anti-inflammatory medications for 7 days after your procedure.
4. Avoid vigorous exercise, sun and heat exposure for at least 2 days after your treatment.
5. Avoid saunas, steam rooms, swimming for 2 days after your treatment.
6. Avoid alcohol, caffeine, and smoking for 3 days after treatment. Smoking slows down healing.
7. Continue increased water intake/hydration in the first week after your treatment.
8. Avoid blood thinning agents such as vitamin E, vitamin A, Ginko, Garlic, Flax, Cod Liver Oil and Essential Fatty Acids at least one week after your treatment.

If you received PDGF injections for treatment of hair loss:

- a. Do not wet your hair for at least 3 hours after your treatment.
- b. For the first 3 days, use a shampoo that is pH balanced, without fragrance.
- c. Do not use any hair products for at least 6 hours after your treatment.
- d. Avoid washing your hair that evening, after the treatment.
- e. Avoid resuming application of topical Minoxidil (Rogaine®), hair coloring products, and hair straightening for 3 days.

Contact the Office Immediately if any of the Following Signs of Infection Occur:

1. Drainage of pus
2. Increased warmth at or around the treated area
3. Fever of 101.5 or greater
4. Severe pain that is unresponsive to over-the-counter pain relievers (Tylenol, Advil)
5. Please contact us at 206 456 4464 if you have any questions or concerns.

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