EZ Gel *Pre-Care*

Getting ready for EZ Gel

EZ Gel is made from your own blood, so good hydration and less bruising help you get the most from it.

Your *countdown*

When	What to do
2 weeks before	Schedule at least 2 weeks before any big event. Avoid dental work and vaccines when you can.
7 days before	If it is okay for you, pause ibuprofen, aspirin, naproxen, fish oil and vitamin E. These can weaken platelets. Tylenol is fine.
1 to 3 days before	Drink plenty of water and skip alcohol and smoking.
Day of treatment	Eat a full meal and drink water so your blood draw goes smoothly.

Please call us *first*

Call DermaGlow at 703-288-3000 before your visit if any of these apply. We may adjust your plan or find a better date:

- You are pregnant, trying to become pregnant or breastfeeding
- You have a cold sore, rash, breakout, cut or infection in the treatment area
- You feel sick, have a fever or have started a new medication or antibiotic
- You take a blood thinner or have a bleeding or platelet disorder
- You have recent or upcoming dental work or vaccines

Never stop a prescribed medication, including daily aspirin or blood thinners, without approval from the doctor who prescribed it.

Your provider will review your health history before treatment and may share instructions specific to you. If so, please follow those along with this guide. Questions? Call DermaGlow at 703-288-3000.