



## Post Operative Instructions: Concentrated Growth Factors

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**For your safety and comfort, please read the following and adhere closely to the advice given.**

**Please discuss anything you are unsure of with your Dentist.**

- If you experience unexpected or undesirable post-operative symptoms that persist for longer than 48 hours or develop over time, contact your Dentist immediately.
- Always return for your scheduled follow-up appointment, even if you are satisfied with results.
- While most regular daily activities are fine to resume immediately after the procedure, it is advisable that:

### For 24 Hours, Do not:

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- Wash your face with anything except warm water
  - Apply make-up & DO NOT touch your face at all for at least 2 hours
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### For 2 Weeks, Do not:

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- Rub, massage or manipulate the treated area -includes having facials -normal light washing is fine
  - Expose yourself to extremes of temperature, either cold or hot eg. Saunas - showers are fine
  - Have any other facial procedures performed
  - Use anti-inflammatories like Nurofen
  - Wash your face with anything except simple cleansers and DO NOT use active products such as those containing AHA's (eg. Glycolic, Salicylic Acid) or Retinoids. A simple moisturiser is fine.
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### Do the Following:

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- Expect temporary side effects from the injections which may last several days eg. swelling, bruising, redness, itching, burning -you may use mild analgesics like aspirin and paracetamol if needed and intermittent, light ice application for any swelling
  - Attend a review appointment with your Dentist within 7 days of the procedure
  - Contact your Dentist immediately if you experience any unexpected pain, discolouration of the skin or other issue
  - Use SPF 30+ broad-spectrum sunscreen daily and AVOID sun exposure
  - Have at least 3 treatment sessions, spaced 4-6 weeks apart to achieve optimal results
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