

Platelet Rich Plasma (PRP) Pre & Post – Treatment Instructions

Pre-Treatment Instructions:

1. You may take Arnica 3-5 pellets, 3 times a day starting 2 days before, the day of treatment and 2 days post, this will help to decrease the risk of bruising
2. Make sure that you hydrate well the day before and the day of your treatment, as well as eat prior to presenting to the clinic
3. No Accutane use in the past 6 months
4. Avoid the following for at least 1 week prior to your procedure a. Ibuprofen, Motrin, Aleve, Naprosyn, Aspirin b. Alcohol c. Cigarettes d. Systemic Steroids (anti-inflammatory) Prednisone, Dexamethasone e. Nutritional supplements – ginkgo, garlic, vitamin E, flax oil, curcumin and any other anti-inflammatory supplements (These drugs and herbs may cause excessive bleeding or bruising)
5. Please notify us if you are taking any blood thinners such as Coumadin, Plavix or Heparin, or any others.
6. Avoid retinol (vitamin A) and glycolic acids at least 2 days before.

Post-Treatment Instructions and What to Expect:

- A. Mild inflammation, redness and swelling, itching and/or soreness for a few days (2-5) – these are common to any injection procedure.
- B. Bruising may last a several weeks. Continue to take Arnica pellets 3-5, 3 times a day until bruising clears
- C. Small bumps at sights of injection are normal after treatment and will dissipate over 3-4 hours after treatment
- D. It is normal to feel firmness in the injection site for a few days post treatment. This will soften over time. To maximize your results; for a minimum of 5 hours post your PRP treatment do NOT wash your skin AVOID touching, pressing rubbing or any form of manipulation to the treated area for at least 8 hours after treatment

AVOID Advil, Aleve, Aspirin, Ibuprofen, Motrin and Naprosyn 2 weeks post treatment

AVOID Nutritional supplements – do not take ginkgo, garlic, vitamin E, flax oil, curcumin and any other anti-inflammatory supplements 2 weeks after your treatment

AVOID alcohol, caffeine and smoking for 3 days after treatment.

AVOID high heat (sauna, steam room, very hot showers for 24 hours post treatment

AVOID the sun and use a physical SPF daily AVOID facials, facial massage or laser treatments for 2 weeks afterwards. Most facial treatments can be done immediately prior to the PRP treatment but not for 2 weeks after. Continue increased water intake for the first week after your treatment, Most patients will see results within 2-4 weeks, continued results will be seen up to 12 weeks. We recommend a series of 3 or 4 treatments administered at 2-4-week intervals. Please do not hesitate to contact us if you have any questions.