

**PRP Procedure Instructions & Tips**

We are looking forward to seeing you soon for your PRP session at Brilliant Beauty & Aesthetics. Please plan to be here about 60 to 90 minutes for your procedure.

Here are a few pre-procedure instructions that we find to help optimize the results of the PRP.

**DIET AND FLUID INTAKE**

* Please increase your intake of fluids the day before your procedure by simply drinking 2 glasses of water in the morning before your PRP session, 2 glasses at lunch and 2 glasses at dinner.
* On the actual day of your procedure simply have a bottle of water (500 mL) before your session.
* Please eat a normal breakfast or lunch the day of your PRP session.

**SHAMPOOING**

* Feel free to wash your hair the morning of the PRP session (or at least the day before)

**HAIR COLORING**

* It is fine to color your hair up to 3 days before the procedure

**SUPPLEMENTS**

* Discontinue blood thinning agents such as vitamin E, vitamin A, Ginko, Garlic, Flax, Cod Liver Oil, Essential Fatty Acids and least one week before your treatment.
* Please stop multivitamins one week before your procedure as well.
* It’s fine to continue iron and vitamin D.

**ALCOHOL & SMOKING**

* Avoid alcohol for three days before your PRP session
* If possible, stop smoking or limit smoking for three days prior to your procedure. The longer the better as we find it really impacts on the healing process!

**MEDICATIONS**

* Avoid aspirin, Advil, Motrin, Ibuprofen, Naproxen, Voltaren and other anti-inflammatory medications for 3 days before your procedure (if possible please avoid for 7 days). We want inflammation to occur – as this is one mechanism by which PRP works!
* You may take Tylenol for any pains, discomforts or joint pains you may have.

**Post – Procedure Instructions & Tips**

Congratulations on completing your PRP Procedure. It is not necessary to make many changes in your plans today – do whatever you wish with the exception of **avoiding aspirin, Advil, and alcohol**.   It is quite normal to experience some mild soreness and swelling, (Not all individuals experience this, but it can occur).

Let us know if you have concerns and need our help.

EMAIL: brilliantbeautyaesthetics@gmail.com

PHONE: 905-554-8333 or 647-500-7133 (text messages are ok)

**SHAMPOOING**

* Please shampoo your hair tomorrow morning with any shampoo you wish

**HAIR COLORING**

* It is fine to color your hair three days after the procedure

**HATS**

* Wearing a hat today is fine if you wish to.  In fact, please limit sun on the area for 2 days.

**SUPPLEMENTS**

* Do not use blood thinning agents such as vitamin E, vitamin A, Ginko, Garlic, Flax, Cod Liver Oil, Essential Fatty Acids and least one week after your treatment

**FOODS & CAFFEINE**

* Avoid alcohol for the next three days.

**SMOKING**

* Avoid smoking for three days (if possible) – we find it makes a big difference to healing.

**MEDICATIONS**

* Avoid aspirin, Advil, Motrin, Ibuprofen, Naproxen, Voltaren and other anti-inflammatory medications for 3 days after your procedure (if possible 7 days). We want inflammation to occur!