

PRE-TREATMENT INSTRUCTIONS FOR PLATELET RICH PLASMA (PRP) & MICRONEEDLE TREATMENT

A few simple guidelines before your treatment can make a difference

Always arrive make-up free with a clean face to your appointment.

If you develop a fever, cold or flu, or develop a cold sore, blemish, or rash, etc. in the area to be treated prior to your appointment, you must reschedule (we will not treat you).

It is recommended, if you have a special event or vacation coming up that you schedule your treatment at least 2 weeks in advance (we prefer 3-4).

If you are being treated in the lip area and have a history of Herpes (cold sores) with outbreaks more than 4 we recommended that you are pretreated with medication.

Discontinue use of anti-inflammatory drugs (steroidal and non-steroidal) such as: Aspirin, Motrin (or any other Ibuprofen drugs) at least 3 days to 1 week before your treatment. With PRP, we "want" inflammation this is one of the mechanisms of how PRP does its work. If you are or have been on Systemic use of Corticosteroids (steroids) within 2 weeks of treatment, we cannot treat you.

Consult your primary physician for approval to discontinue use of steroids and receive treatment.

Arnica supplements prior to (5-7 days) and after any treatment can help to reduce the risk of bruising.

Discontinue use of any other blood thinning agents such as: Vitamin E, Vitamin A, Gingko Biloba, Garlic, Tumeric, Flax Oil, Cod Liver Oil, Essential Fatty Acids (EFA's and DHA's) etc. at least 3 days to 1 week before and after treatment to minimize bruising and bleeding.

It is recommended that you avoid: Alcohol, caffeine, Niacin supplement, spicy foods, and cigarettes 3 days before and after your treatment. (All of these may increase risk of bruising)

POST-TREATMENT INSTRUCTIONS FOR PLATELET RICH PLASMA (PRP) & MICRONEEDLE

Please carefully read and follow these Instructions after your PRP treatment. There are minimal restrictions after your PRP injections allowing you to return to your daily activities almost immediately Do NOT touch, press, rub, or manipulate the treated area (s) for at least 8 hours after your treatment

AVOID Aspirin, Motrin, Ibuprofen, Aleve (all non-steroidal and steroidal anti-inflammatory agents), Gingko Biloba, Garlic, Flax Oil, Tumeric, Cod liver Oil, Vitamin A, Vitamin E, or any other essential fatty acids at least 3 days - 1week prior to and after your treatment. Remember, we are creating inflammation.

If you experience discomfort or pain you may take Tylenol or other Acetaminophen products

You may apply Ice if you wish to the injected area for 20-30 minutes after the procedure but we would prefer if you can refrain from this.

Do not wash or take a shower for at least 6 hours after your treatment

Do not use any lotions, creams, or make-up for at least 6 hours after your treatment

AVOID vigorous exercise, sun and heat exposure for at least 3 days after your treatment

AVOID: Alcohol, caffeine, and cigarettes for 3 days before and after your treatment.

Refrain from direct sun exposure or tanning bed for two weeks post procedure.

Smokers do not heal well and problems recur earlier and results may take longer.

Maintain a healthy diet and Drink at least 64 oz.'s of water the day of the treatment. Continue water intake the first week after.

It is normal to experience: Bruising, Redness, Itching, Soreness, and Swelling that may last from 3-10 days following your procedure. Please call our office should you have any questions or concerns regarding your PRP treatment or aftercare.