

## PLATELET RICH PLASMA (PRP) - ESTHETICS

### PRE-TREATMENT INSTRUCTIONS

#### A few simple guidelines before your treatment can make a difference

If you develop a **fever, cold / 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 times a year some practitioners recommended that you are pretreated with medication. This clinic recommends an antiviral the day before or the morning of the treatment and then another dose 12 hours after the first dose. **\*\*Please let us know that you need a prescription if you do not have this medication on hand. \*\***

**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 (oral) use of corticosteroids (steroids) within 2 weeks** of treatment, we cannot treat you. **Consult your primary care provider for approval to discontinue use of steroids and receive treatment.**

**Discontinue use** of any other blood thinning agents such as: Vitamin E, Vitamin A, Gingko Biloba, Garlic, Flax Oil, Cod Liver Oil, Fish Oils (Omega 3), Essential Fatty Acids (EFA's and DHA's), Tumeric, 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

#### Please carefully read and follow these Instructions after your PRP treatment.

#### There are minimal restrictions after 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).

AVOID Vitamin E, Vitamin A, Gingko Biloba, Garlic, Flax Oil, Cod Liver Oil, Fish Oils (Omega 3), Essential Fatty Acids (EFA's and DHA's), Tumeric, etc. at least 3 days to 1 week before and after treatment to minimize bruising and bleeding. Remember, we are creating inflammation.

If you experience discomfort you may take Tylenol or other acetaminophen products.

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 24 hours after your treatment, only what you are given by the Nurse Practitioner if anything.

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

Maintain a healthy diet and drink at least 64 oz (8 cups) of water the day of the treatment. (Fiji water is recommended due to its high content of Silica). Continue water intake the first week after.

It is normal to experience: Bruising, Redness, Itching, Soreness, and Swelling that may last from 2 - 10 days following your procedure.

Please call our clinic should you have any questions or concerns regarding your PRP treatment or aftercare (705-522-2252)