

# IVITA WELLNESS,LLC

## POST-TREATMENT INSTRUCTIONS Platelet Rich Plasma (PRP)

**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, Cod Liver Oil, Vitamin A, Vitamin E, or any other essential fatty acids **at least 3 days -1 week 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

**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 **1 week** 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's 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 3-10 days following your procedure.**

**Please call our office should you have any questions or concerns regarding your PRP treatment or aftercare. # \_\_\_\_\_**

**I certify that I have been counseled in post treatment instructions and have been given a written copy of these instructions.**

**Patient Signature \_\_\_\_\_ Date \_\_\_\_\_**

**Witness Signature \_\_\_\_\_ Date \_\_\_\_\_**