



PRP Platelet Rich Plasma Pre and Post Instructions

Pre-Treatment Instructions:

- For optimal results and to decrease the chance of bruising and bleeding at the injection site, please avoid taking all **non-essential** blood thinning medications and supplements for 1 week prior to your PRP appointment. Avoid taking Aspirin and non-steroidal anti-inflammatory medications (NSAIDS) such as such as Ibuprofen, Motrin and Aleve. In addition, very high doses of some Vitamins and supplements can thin your blood and lead to an increased chance of bruising. Please notify our office in advance if you are taking Coumadin, Plavix, or any other blood thinners for a medical condition.
- If you have previously suffered from cold sores, there is a risk that PRP injections near or into the lips can stimulate a recurrence. Please speak with your provider about medications that may minimize the occurrence of an outbreak.
- Topical numbing cream and/or Lidocaine injections may be used to increase your comfort during the procedure. Please notify your provider if you are allergic to any topical anesthetics or Lidocaine.

Post-Treatment Instructions:

- Immediately following the procedure, the most commonly reported side effects are temporary redness, swelling, bruising, tenderness, numbness, lumpiness, and/or a feeling of pressure or fullness at the injection sites and/or in the treated area(s). Cold gel packs/ice may be used immediately after treatment to reduce swelling. To avoid bruising, refrain from taking Aspirin, NSAIDS or supplements like fish oil for several days. Tylenol is recommended if needed for any pain. You may also use Arnica gel and tabs.
- Avoid touching the treated area for at least 6 hours following treatment do NOT wash your skin and keep the area clean and dry. After that, the treated area can be gently washed with mild facial cleanser and water once or twice daily. After several days, you may return to your regular skin care routine.
- To maximize your results after PRP treatment, avoid direct high heat to the treated area for at least 24 hours, including sun, sauna, or steam room until the initial redness and swelling have resolved.
- Possible **temporary** side effects include:
 - Bruising or a feeling of pressure and fullness at the injection sites.
 - A prolonged sensation of numbness or tingling at injection site.
- After PRP application, we may apply a topical soothing / healing gel or antibiotic ointment
- Avoid makeup for at least 24 hours and until healed. You may return to your regular skin care routine when healed
- For scalp applications, shampoo and condition your scalp daily starting the first evening or the next morning after PRP.

Please call your provider with any questions or concerns you may have.