

Pre-Treatment PRP Injection (Platelet Rich Plasma)

- Avoid blood thinners and NSAID's (i.e., Aspirin, Motrin, Ibuprofen, Aleve), Gingko Biloba, Garlic, Turmeric, Flax Oil, Fish Oil, Vitamin E, or any other essential fatty acids at least 3 days prior to and 1 week after your treatment.
- If you are under a physician's care and need to discontinue your medication for a few days, always ask your prescribing physician prior to each appointment.
- If you experience pain or discomfort, you may take Tylenol/Acetaminophen products.
- Avoid alcohol and nicotine for 3 days before and after your treatment.
- On the day of treatment please keep your face clean and free of makeup.
- Maintain a healthy diet and drink plenty of water.
- Avoid prolonged exposure to sun prior to treatment, we are unable to treat sunburned skin.

Post-Treatment PRP Injection (Platelet Rich Plasma)

- Do NOT touch, press, rub or manipulate the treated area(s) for at least 4 hours after your treatment.
- Avoid the use of make-up for 24 hours following treatment.
- You may apply ice if you wish to the injected area for 20-30 minutes at a time after the procedure.
- If you experience pain or discomfort, you may take Tylenol/Acetaminophen products.
- Avoid vigorous exercise, sun, and heat exposure for 72 hours after your treatment.
- Do not wash or take a shower for 4 hours after treatment.
- Use a medical grade broad spectrum UVA/UVB of SPF 30 or greater at all waking hours.
- No Massage, No laser treatments, No HydraFacial, No chemical peels for 2 weeks post treatment.
- The most reported temporary side effects are soreness, redness, swelling, lumpiness, bruising, itching, tenderness, tightness, tingling, numbness, and a feeling of pressure or fullness in the treated area. These may last 3-10 days.
- Maintain a healthy diet and continue to drink plenty of water for at least the first week following treatment.
- If there is any concern during your healing process, please call our office 916-242-2662.



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