

PRP

Contraindications:

You should not have PRP treatments if you have any of the following conditions:

- An impaired immune system due to immunosuppressive diseases or medications.
- Skin conditions/dermatological diseases including any facial cancer.
- Steroid therapy, communicable diseases, blood disorders and platelet abnormalities, anticoagulation therapy (i.e. Warfarin)
- Do not have PRP treatments if you are pregnant.

PRE-CARE

7 days before treatment:

- Discontinue blood thinning agents such as vitamin E, vitamin A, Ginko, Garlic, Flax, Cod Liver Oil, and Essential Fatty Acids, and multivitamins 7 -14 days prior to treatment. It's fine to continue iron and vitamin D.
- If you are taking any blood thinners, please let your provider know as they may represent a contraindication to this treatment. These medications include Plavix, Coumadin, and Heparin.
- Avoid aspirin, Advil, Motrin, Iburprofen, Naproxen, Voltaren and other anti-inflammatory medications. We want inflammation to occur – as this is one mechanism by which PRP works.
- You may use Tylenol (acetaminophen) as needed prior to the treatment.
- Avoid excessive sun or heat exposure.

3 days before treatment:

- Maintain hydration and minimize alcohol consumption.
- If possible, refrain from or minimize smoking prior to your procedure as it impacts the healing process.

Day of Procedure:

- Eat a normal breakfast or lunch the day of your PRP session.
- Stay hydrated.

POST-CARE

- It is normal to experience bruising, redness, itching, swelling and/or soreness that may last from 2-5 days following your treatment. If you experience any pain or discomfort you may take Tylenol or other Acetaminophen-containing products as directed.
- You may have a bruise at the blood draw site.
- You may notice a tingling sensation while the cells are being activated.
- In rare cases, skin infection or reaction may occur, which is easily treated with an antibiotic or inflammatory.
- It is preferred to avoid icing the area unless the swelling is substantial.
- Continue to avoid aspirin, Advil, Motrin, Ibuprofen, Naproxen, Voltaren and other anti-inflammatory medications for 3 days after your procedure.
- Avoid vigorous exercise, sun and heat exposure for at least 1 day after your treatment.
- Avoid saunas, steam rooms, swimming for 2 days after your treatment.
- Avoid smoking for 3 days after treatment. Smoking prolongs healing, and results may take longer.
- Continue increased water intake the first week after your treatment.
- Do not use blood thinning agents such as vitamin E, vitamin A, Ginko, Garlic, Flax, Cod Liver Oil, Essential Fatty Acids and least one week after your treatment.

Contact the Office Immediately if any of the Following Signs of Infection Occur:

- Drainage that looks like pus or areas of paleness, or a lacy blue pattern.
- Increased warmth or throbbing at or around the treated area.
- Fever of 101.5 or greater.
- Severe pain that is unresponsive to over-the-counter pain relievers.