

PRE- AND POST TREATMENT INSTRUCTIONS FOR PLATELET-RICH PLASMA (PRP)

Pre-Treatment

- Let your doctor know prior to your appointment if you develop a fever, cold or flu, or develop a cold sore, blemish, or rash in the area to be treated. In this event you must reschedule.
- If you have a special event or vacation coming up, schedule your procedure 3-4 weeks prior.
- If you are being treated in the lip area and have a history of Herpes (cold sores) please be sure to let your doctor know so that you can receive antiviral medications.
- Discontinue use of anti-inflammatory drugs (steroidal and non-steroidal) such as: Aspirin, Motrin (or any other Ibuprofen drugs) at least 1 week before your treatment.
- If you have used systemic corticosteroids, such as Prednisone, you must wait two weeks from your last treatment before we can perform PRP. If you are taking steroids for a medical condition, consult your physician for approval to discontinue use of steroids.
- Discontinue use of any other blood thinning agents such as: Vitamin E, Vitamin A, Gingko Biloba, Garlic, Flax Oil, Cod Liver Oil, Essential Fatty Acids (EFA's and DHA's) etc... 1 week before and after treatment to minimize bruising and bleeding. If you take blood thinners or aspirin for a medical reason, consult your physician prior to stopping.
- It is recommended that you avoid: alcohol, caffeine, niacin supplement, spicy foods, and cigarettes 3 days before and after your treatment.

Post-Treatment

- 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 1 week prior to and after your treatment.
- If you experience discomfort or pain you may take Tylenol.
- You may apply Ice if you wish to the injected area for 5-10 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 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.'s of water the day of the treatment. Continue high 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 (973-763-7546)