

PRE/POST TREATMENT INSTRUCTIONS Platelet Rich Plasma (PRP)

Please carefully read and follow these instructions regarding your PRP treatment.

Pre-treatment

1. No NSAIDS or anti-inflammatory products 7 days prior to and after treatment (Ibuprofen, Advil, Motrin, Aleve, Aspirin, Toradol). You may use Tylenol as needed for pain.
2. No steroid/corticosteroids (oral, injection, topical) for 14 days prior to and after treatment. No injections to a joint being treated 6 weeks prior to treatment.
3. Avoid nicotine products 3 days before and after treatment. Nicotine in any form delays healing and increases risk of complications.
4. Discontinue use of supplements that may cause blood thinning (Vit E, Vit A, Gingko Biloba, Garlic, Flax Oil, Fish Oil) 3-5 days before and after treatment to minimize bruising and bleeding. Consult with your provider prior to stopping any prescribed blood thinners/anti-coagulant therapies.
5. If you are having facial treatments and have a history of cold sores we recommend pretreatment medication with Valtrex, please notify your provider if you need a prescription.
6. If you develop a fever, cold/flu, other bacterial or viral illness within 5 days of treatment we recommend you reschedule your appointment. We will not treat you if you have a current infection/illness.

Post-treatment

1. Continue to avoid medications, supplements and nicotine per pre-treatment instructions above.
2. Avoid vigorous exercise, heat exposure, sauna, hot tub, swimming pools, lakes for 3 days

Area specific post-treatment

Facial-

- Do not touch, rub, or manipulate injection sites. Fluid injected will be absorbed in 24-48 hours
- Do not wash your face for 6 hours, may use gentle cleanser and moisturizer after 6 hours
- No Make-up for 24 hours, No facial products with acids, alcohol, abrasives for 3 days
- Avoid sun exposure for 7 days, 24 hours after treatment may use SPF 30+ if outdoors

Orthopedic-

- Use gentle range of motion movements on day of treatment
- Rest joint treated for 4 weeks, 40% of max use at week 4, 50% week 5, resume activity week 6
- Very important not to overuse or strain injected joint, the joint may feel better immediately due to fluid and lidocaine injected, tissue repair will take time and limited use is essential

Sexual Wellness-

- Male, use provided electric pump per instructions twice daily for minimum 6 weeks
- Female, use provided pelvic device per instructions twice daily for minimum 6 weeks
- Start using pump/device same day of treatment once numbing has completely subsided
- May return to sexual activity once numbing has completely subsided
- Sessions should be separated by at least 2 hours, may substitute 1 session per day with sexual activity

It is normal to experience bruising, redness, itching, swelling and soreness that may last 3-10 days following your procedure. Continued bleeding, increasing or severe pain, rash, and allergic reactions are not normal, please contact our office or visit your nearest Emergency Department.

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