

PRP Procedures

Post Care Instructions

1. Do not touch, press, rub or manipulate the treated area(s) for at least 8 hours after your treatment.
2. Avoid Aspirin, Motrin, ibuprofen, Aleve, all non-steroidal and steroidal anti-inflammatory agents, Ginkgo Biloba, garlic, flax oil, cod liver oil, vitamin A, vitamin E, or any other essential fatty acids at least three days before and after your treatment. Remember, we are creating inflammation.
3. If you experience pain or discomfort you may take Tylenol or other acetaminophen products. Do not take anti-inflammatory medications or supplements.
4. Do not wash or take a shower for at least six hours after your treatment. (Facial procedures only)
5. Do not use any lotions, creams, or make-up for at least 6 hours after your treatment. (Facial procedures only)
6. Avoid vigorous exercise, sun, and heat exposure for at least three days after your treatment.
7. Avoid alcohol caffeine, and cigarettes for three days before and after your treatment.
8. Smokers do not heal as well, and problems recur earliest and results may take longer.
9. Maintain a healthy diet and drink at least 64 ounces of water the day of the treatment. Fiji water is recommended due to its high concentration of silica. Continue water intake for first week after.

10. It is normal to experience bruising, redness, itching, soreness, and swelling that may last from 3-10 days following your procedure.

11. Please call the clinic if you have any questions or concerns regarding your PRP treatment or aftercare.