

## **Platelet Rich Plasma (PRP) Pre-care and Post Care**

### **PRECARE INSTRUCTIONS: TO PREPARE FOR THE BLOOD DRAW ASSOCIATED WITH PRP THERAPY**

- ◇ PRP Therapy is very safe because cells from the patient's own blood are used, which means there are no preservatives and no chance of the body rejecting the cells. The primary risks and discomforts are related to the blood draw where there is a slight pinch to insert the needle for collection and there is a potential for bruising at the site.
- ◇ For optimal results and to decrease the chance of bruising at the draw site, please be aware that all blood thinning medications and herbal supplements for 1 week prior to your appointment should only be discontinued if advised by your physician. Avoid taking Aspirin and non-steroidal anti-inflammatory medications (NSAIDS) such as such as Ibuprofen, Motrin and Aleve. In addition, very high doses of some Vitamins and supplements can thin your blood and increase the chance of bruising. Please notify your provider if you are taking Coumadin, Plavix, or any other blood thinning medication for a medical condition.
- ◇ During the course of your treatments, notify our staff of any changes to your medical history, health status, or personal activities that may be relevant to your treatment.

### **POST CARE FOR INJECTED PRP THERAPY**

- ◇ **What to Expect After Treatment:** Immediately following the procedure, the most common temporary side effects are redness, swelling, bruising, tenderness, tingling, numbness, lumpiness, and/or a feeling of pressure or fullness at the injection sites and/or in the treated area(s). Cold gel packs/ice may be gently applied immediately after treatment to reduce swelling.
- ◇ **To Avoid Bruising:** Avoid alcohol consumption for a minimum of 6 hours and refrain from taking blood thinners such as Aspirin and NSAIDS for several days. Tylenol is recommended if needed for discomfort.
- ◇ **To Maximize Results and Prevent Complications:**
  - Avoid touching or scrubbing at the injection sites for 24 hours after treatment.
  - Sleep on your back with your head elevated and avoid rubbing the treated area for 2 weeks.
  - Avoid direct high heat (blow dryer, sun exposure, sauna, steam room, very hot shower, hot yoga, strenuous exercise, etc.) for 24 hours after treatment.
  - No Makeup may be applied after the treatment for a minimum of 12 hours.
- ◇ **No Facials, Facial Massages, or Laser Treatments for 2 Weeks Afterward:** Most facials, chemical peels, laser, and light treatments may be done immediately prior to the treatment but not for 2 weeks after the treatment. Botox may be injected immediately before or after.
- ◇ **Combination Therapy for Optimal Results:** PRP Therapy stimulates your skin to grow new tissue however; it does not prevent muscle movement or resurface the skin. Most patients see best results when combining their PRP treatments with other anti-aging procedures such as Botox®, HA Filler, Microneedling, Chemical Peels, Radio Frequency etc...
- ◇ **Follow up Appointment:** Most patients see improvement within 2-4 weeks with continued improvement for up to 12 weeks. If the desired level of correction has not been reached within 4-12 weeks, then we recommend repeating the procedure at 4-12 week intervals until you achieve the result you desire.
- ◇ **Maintenance Treatments:** The results of this treatment can last up to 1-2 years, but results vary and research documenting the longevity of results is ongoing. Maintenance treatments are recommended every 6-12 months.

### **POST CARE FOR TRANS-DERMAL APPLICATION OF PRP**

- ◇ **To Maximize Results:** For a minimum of 5 hours after the PRP has been applied to your skin, Do NOT: Wash your skin, expose the treated area to direct high heat, or engage in activities that will get the skin wet or cause you to sweat (blow dryer, sun exposure, sauna, steam room, Jacuzzi, very hot shower, hot yoga, strenuous exercise, etc.)

If you have any questions, please call us immediately at 765-497-1655



- ◇ **For best results and efficacy:** We recommend a series of 3-6 treatments administered at 2-4 week intervals. You may notice immediate as well as longer term improvements in your skin.

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