



PLATELET RICH PLASMA (PRP) DISCHARGE INSTRUCTIONS

- The most common reported side effects are erythema (redness), swelling, bruising, tenderness, tingling, numbness, lumpiness, and/or feeling of pressure and fullness at the injection site. These symptoms will abate over the following three (3) to five (5) days.
- **AVOID** touching the treatment areas within twenty four (24) hours following treatment. Do not massage or put pressure on the treatment area. After eight (8) hours have passed, the area can be gently washed.
- You may shower and apply cosmetics/lotions on the treatment area **AFTER** eight (8) hours.
- **AVOID** sun exposure, saunas, hot yoga, and heavy aerobic exercise (or anything to raise your core body temperature or blood pressure) and alcohol for twenty four (24) hours after treatment.
- Acetaminophen (**TYLENOL**®) can be used for any discomfort. Erythema (redness), itching, swelling, and soreness may be experienced up to a week following your procedure.
- You might see some bruising occurring one (1) to two (2) days after injections. This should **IMPROVE** in several days. You may take SinEcch® (Arnica Montana) to help bruising resolve at a faster rate (this can be started one week prior to injections). Usage depends on formulation.
- **AVOID** alcohol consumption for forty eight (48) hours after your procedure.
- **AVOID** blood thinners (unless prescribed) ten (10) days prior and after your PRP treatment.

Remember: These medications are also anti-inflammatory in nature. Inflammation is the body's natural healing process and the mechanism by which PRP achieves skin rejuvenation, hair restoration, and wound/joint healing. Medications/supplements that may **INCREASE** the risk of bruising and **DIMINISH YOUR RESULTS** include:

- Aspirin (e.g. Excedrin®)
- Ibuprofen (e.g. Advil®, Motrin®)
- Naproxen (Aleve®, Naprosyn®)
- Omega-3s
- St John's Wort
- Vitamin A & E
- Gingko Biloba
- Evening Primrose Oil
- Garlic
- Feverfew
- Ginseng
- Flax Oil & Fish Oil

Please contact Minnie Street Aesthetics at (507) 254-7072 if you have any questions, concerns, or compliments regarding your treatment.



PLATELET RICH PLASMA (PRP)

DISCHARGE INSTRUCTIONS CONT.

MIDNIGHT SUN FACELIFT (PRP INJECTIONS)

- Sleep with your **HEAD ELEVATED** and on your back to reduce the amount of swelling.
- Facials, facial massages, chemical peels, laser treatments, and light treatments should be **AVOIDED** for two (2) weeks following your procedure.

PRP FOR HAIR RESTORATION

- **DO NOT** get your hair wet for at least four (4) hours after your treatment.
- **DO NOT** use any hair products for at least twenty four (24) hours after your treatment.
- For the first five (5) days after your treatment, use a **GENTLE, pH BALANCED, AND SULFATE-FREE SHAMPOO**. Examples:
 - Aveeno Active Naturals Pure Renewal Shampoo (\$6)
 - L'Oréal Paris EverPure Sulfate-Free Moisture Shampoo (\$5)
 - Pantene Pro-V Nutrient Blends Miracle Moisture Boost Rose Water Shampoo (\$8)
 - Burt's Bees Baby Bee Shampoo
 - Tea Tree Special Shampoo
- **AVOID** swimming for forty eight (48) hours after your treatment.

MIDNIGHT SUN FACIAL (MICRONEEDLING + PRP)

- **AVOID** washing your skin for at least eight (8) hours after your Midnight Sun Facial. This will allow the PRP plenty of time to penetrate the skin via the channels that were made during the microneedling procedure.

PRP WELLNESS INJECTIONS

- It is **RECOMMENDED** that the patient rests the day of the procedure.
- **AVOID** icing the joint or tendon for seventy two (72) hours after the procedure. After 72 hours, ice can be applied for 15-20 minutes, 3-4 times per day for comfort.
- For the next three (3) days, **GENTLE MOVEMENT** is encouraged as this helps the joint or tendon recover while the injection is absorbed by the surrounding tissue.
- After the first three (3) days, **BASIC EXERCISES** may be resumed. However, any activity that compresses and strains the joint or tendon must still be avoided.
- After two (2) weeks has passed it is normally safe to **RESUME** cardio and strength training activities. Still, paying attention to your body and avoiding activities that cause pain are important during this time.