



PLATELET RICH PLASMA (PRP) TREATMENTS

PRE-TREATMENT ADVICE

- Schedule your PRP appointment at least **THREE (3) weeks PRIOR** to a special event such as a wedding or a vacation to allow for complete healing.
- **RESCHEDULE** your appointment at least twenty-four (24) hours in advance if you find a rash, cold sore, or blemish in the treatment area. Let us know if you have a history of herpes simplex virus (cold sores), as we will consider prescribing an antiviral medication prior to treatments in and around the lips. You will also need to reschedule if you have a fever, common cold, or influenza.
- **AVOID** blood thinners (unless prescribed) ten (10) days prior to your PRP treatment. Patients who take blood thinning medications/supplements may bruise more easily. 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®)
 - Ibuprophen (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 and Fish Oil
- **AVOID** alcoholic beverages at least twenty-four (24) hours prior to treatment. Alcohol may thin the blood and increase the risk of bruising.
- If you would like to **MINIMIZE THE RISK OF BRUISING** after treatment, please consider these options that would generally need to be ordered online or purchased in advance of treatment. Please note, this is entirely optional and at your discretion:
 - **SINECCH®** (Arnica Montana). Usage depends on the formulation.
 - **BROMELAIN** (homeopathic medicine)
 - Good nutrition and fresh fruit consumption (**PINEAPPLE** and **PAPAYA** recommended)
 - **OCUMEND®** gel pads (available online)