

## Pre and Post Care Instructions

PRP

### PRE-CARE

- Maintain a healthy diet and drink at least 64 oz. of water the day before and the day of the treatment. It is important to be well hydrated, as you will be giving blood.
- If you develop a fever, cold, flu, or develop a cold sore, blemish, rash, etc. in the area to be treated prior to your appointment, you must reschedule your appointment.
- It is recommended that if you have a special event or vacation coming up, you should schedule your treatment at least 1 week in advance.
- If you are being treated in the lip area and have a history of Herpes (cold sores) with outbreaks more than 2 times a year, you will need to be pre-treated with antiviral medication. We recommend Valtrex 2gm the day before or the morning of the treatment followed by another 2gm 12 hours after the first dose. Please let us know if you need a prescription if you do not have the medication on hand.
- Discontinue the use of anti-inflammatory agents (NSAIDs) such as Advil, Aleve, Aspirin, Ibuprofen, Motrin, Naprosyn, etc., at least 1 week before your treatment. One of the purposes of PRP is to induce inflammation and these medications limit or prevent inflammation.
- You may take Tylenol or other Acetaminophen-containing products as directed.
- Discontinue the use of any blood thinning agents such as Vitamin A, Vitamin E, Gingko Biloba, Garlic, Flax Oil, Cod Liver, Essential Fatty Acids (EPA, DHA), etc., for at least 1 week before treatment to minimize bruising and bleeding.
- You will not be able to undergo a treatment if you are or have been on systemic corticosteroids (Prednisone, Methylprednisolone, etc.) within 2 weeks of treatment. Consult your provider for approval to discontinue use of corticosteroids for this procedure.
- It is recommended that you avoid alcohol, caffeine, niacin, spicy foods, and cigarettes 3 days before your treatment as these products may increase the risk of bleeding.