



Pre and Post Aesthetic Injection Instructions PLATELET RICH PLASMA (PRP)

Pre Treatment

- ❖ **Please discontinue any blood thinning medications at least 7-10 days prior to your treatment. These include but are not limited to: Aspirin, Motrin/Ibuprofen/Advil, Aleve/Naproxen.** If you take prescription blood thinners (ex: Coumadin, Xarelto, Plavix) check with your prescribing provider about whether you may temporarily discontinue
- ❖ Discontinue Retin-A (tretinoin) at least 2 days before and 2 days after treatment
- ❖ If you have an upcoming special event/vacation, schedule your injection appointment at least 2 weeks in advance. Common side effects after injections include bruising and swelling, especially injections around the mouth and eye regions
- ❖ Please arrive to appointment without any foundation makeup or tinted moisturizer

To minimize your chance of bruising

- ❖ Start taking arnica a few days before and continue a few days after treatment. Arnica montana is an oral capsule or herbal ointment and can be used as an anti-inflammatory and may minimize bruising
- ❖ Eating pineapple (or drinking pineapple juice) may also reduce bruising. Bromelain is an enzyme in the pineapple that has anti-inflammatory properties, among many other health benefits, and may aid in recovery
- ❖ Avoid alcohol for at least 24 hours prior to and after treatment

Post Treatment: You have received a PRP treatment. The results may take months or multiple treatments to be apparent. Please follow the instructions below after your treatment

- ❖ You may gently apply cool compresses to the areas treated as this helps reduce swelling and the potential for bruising (avoid pressure and direct ice/frozen packs directly on the skin)
 - Bruising may be visible initially, then may become more obvious the following day. By 1-2 weeks, bruising will have faded
 - Swelling may be significant after PRP treatment, especially if lips were injected. Mild, non-painful swelling may last for up to 2 weeks
 - It is normal to experience a dull ache or tenderness in the treated area for up to 72 hours
- ❖ Please avoid touching the treatment areas for the remainder of the day to reduce risk of infection
- ❖ Best to avoid makeup on injected areas for 24 hours after treatment. Makeup should only be applied after any pinpoint bleeding from the injection site(s) subsides. If you need to hydrate your lips (after lip PRP treatment), apply Aquaphor with a clean q-tip
- ❖ You may shower and wash your face the evening of your treatment with a gentle cleanser such as Cetaphil or Cerave. Avoid other facial products that evening (peels, retinols, lotions)

- ❖ Do not rub or massage the treated areas today. When cleansing your face or applying makeup, use gentle, sweeping motions to avoid excessive mobility of the area(s)
- ❖ Avoid strenuous exercise or activity for the remainder of the treatment day. You may resume other normal activities/routines immediately
- ❖ You may take acetaminophen/Tylenol if you experience any mild tenderness or discomfort. **Avoid aspirin or NSAID products for an additional week** as they may increase your potential to bruise and they may interfere with the action of PRP
- ❖ Avoid drinking alcohol for a minimum of 12 hours after as this may contribute to bruising and/or swelling
- ❖ Avoid extended UV exposure and extreme heat for a few days after treatment. This includes hot showers, steam, sun beds, hot yoga, and strenuous exercise. These may increase discomfort and swelling
- ❖ By 1 month post treatment, the PRP will have started to take effect (growth and healing factors being utilized) but could still take longer to see visible results
- ❖ Additional treatments may be necessary to achieve a desired look

What is NOT normal after your PRP treatment?

You experience fever, chills or any other signs of infection, even days after treatment. Other signs of infection include redness that is painful to touch.