



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.

PLATELET RICH PLASMA (PRP) TREATMENT CONSENT
MANDALA AESTHETICS

I give my consent to:

Platelet Rich Plasma (PRP) treatment for aesthetics. All aspects of this treatment and potential risks and complications have been fully explained to me, and I have had the opportunity to ask questions about the procedure including the limitations. I fully understand all of the answers that have been given to me. I have had the opportunity to discuss alternative forms of treatment or no treatment at all. This is a strictly voluntary and elective cosmetic procedure.

I understand that the practice of medicine is not an exact science and therefore no guarantee can be given as to the results of the treatment. I accept and understand that the goal of treatment is improvement, not perfection, and there is no guarantee that the anticipated results will be achieved.

The objective of this technique is to introduce PRP to facial tissue thereby stimulating collagen production leading to an improvement in the skin and facial tissue. If utilized for treatment on the scalp, the objective is to stimulate hair growth in thinning areas. The longevity of PRP may be up to 1 year. Typically, PRP injection(s) will need to be repeated in order to maintain or improve the results.

It has been explained to me that throughout the treatment, the administration of ice, local or topical anesthesia may be necessary. I have been informed of the risks involved and I consent to the use of such anesthetics.

Side effects and complications with PRP include, but are not limited to:

- Bruising, redness and swelling
- Pain, itching and tenderness at the treatment site
- Visible raised areas or bumpiness at and around the treated area
- Asymmetry, overcorrection or undercorrection
- Infection
- Damage to deep structures
- Allergic reaction with itching, redness and in extremely rare cases generalized allergic reactions such as whole body swelling, respiratory problems and shock
- Skin breakdown or ischemia (inadequate oxygenation of tissues), if PRP is inadvertently injected into a vessel.
- There has been one case in the literature of reported blindness associated with a PRP injection (forehead region)

I have been informed that it is important to know and share my personal medical history to establish knowledge of any possible allergies to medications, any diseases, current medications, previous aesthetic treatments, or any other circumstance that can alter or interfere with the results of the treatment, or cause the treatment to be contraindicated. Taking certain medications such as Aspirin, Advil, Ibuprofen (and other NSAIDs) and some cold relief medications may cause bleeding and bruising. If okay with your regular medical provider, antiplatelet and

blood thinning agents such as Aspirin, Coumadin, Xarelto, etc. should be temporarily stopped, ideally 10 days before treatment, due to bleeding risk.

I consent to the taking of photographs to monitor treatment effects, as desired or recommended by my provider.

I understand the potential risks and complications and have chosen to proceed with the treatment of **platelet rich plasma (PRP)** after careful consideration of the possibility of risks both known and unknown, complications, and limitations.

I certify that I have read, and fully understand the above paragraphs and that I have had sufficient opportunity for discussion to have any questions answered.

Patient name:	Practitioner Name:
Signature:	Signature:
Date:	Date: