

PRP POST-TREATMENT INSTRUCTIONS

Please carefully read and follow these Instructions after your PRP treatment. There are minimal restrictions after your PRP injections allowing you to return to your daily activities almost immediately.

Do NOT touch, press, rub, or manipulate the treated area (s) for at least 8 hours after your treatment

AVOID Aspirin, Motrin, Ibuprofen, Aleve (all non-steroidal and steroidal anti-inflammatory agents), Ginkgo Biloba, Garlic, Flax Oil, Cod liver Oil, Vitamin A, Vitamin E, or any other essential fatty acids at least 3 days -1week prior to and after your treatment. Remember, we are creating inflammation.

If you experience discomfort or pain you may take Tylenol or other Acetaminophen products.

You may apply Ice if you wish to the injected area for 20-30 minutes after the procedure but we would prefer if you can refrain from this.

Do not wash or take a shower for at least 6 hours after your treatment.

Do not use any lotions, creams, or make-up for at least 6 hours after your treatment.

AVOID vigorous exercise, sun and heat exposure for at least 3 days after your treatment AVOID: Alcohol, caffeine, and cigarettes for 3 days before and after your treatment. Smokers do not heal well and problems recur earlier and results may take longer.

Maintain a healthy diet and Drink at least 64 oz.'s of water the day of the treatment. (Fiji water is recommended due to its high content of Silica) Continue water intake the first week after.

It is normal to experience: Bruising, Redness, Itching, Soreness, and Swelling that may last from 3-10 days following your procedure.

Please call our office should you have any questions or concerns regarding your PRP treatment or aftercare.

I certify that I have been counseled in post treatment instructions and have been given a written copy of these Instructions.

Patient Name (print)	Patient Signature	Date
Witness Name (print)	Patient Signature	Date