



PRP (Platelet Rich Plasma) PRE AND POST INSTRUCTIONS Face and Eye Treatment

Many cosmetic procedures can cause bruising and swelling. Some of this is unavoidable. However, there are a few things you can do to reduce and minimize the risks.

Pre-Procedure:

- Reduce caffeine intake.
- Drinking alcohol prior to your procedure will increase your risk of bruising.
- On the day of your procedure, eat a normal breakfast or lunch.
- Stay hydrated. Drink a full glass of water 1-2 hours before your procedure and again after your procedure.
- Do **NOT** take Aspirin or Ibuprofen for **3-5 days** prior to your procedure. You may use Tylenol products as needed. **Check with your doctor if you are using Aspirin for heart conditions.**
- **If you are taking blood thinners**, please **let your provider know immediately** as they may represent a contraindication to this treatment. *These include Heparin, Warfarin Coumadin and Plavix.*
- Avoid smoking for at least 3 days prior to and one after, as smoking may impact healing and oxygen delivery to the area.
- Do **NOT** take the following supplements **3-4 days** prior to your procedure and 3 days after (if bruising occurs).

Fish Oil or Flax Seed Oil
Melatonin
Red Clover
St. John's Wort

Garlic
Gingko Biloba
Ginseng
Vitamin E

After Procedure:

- If bruising occurs, avoid use of NSAIDs, including Advil, Aleve, Ibuprofen, Naproxen, Voltaren, and Aspirin for 3-4 days. **Again, check with your doctor if you are using Aspirin for heart conditions.**
- Reduce physical activity and exercise. Avoid strenuous lifting or high-level exercises for several days after the PRP treatment. Light exercise and normal activities are permitted.
- Keep your head elevated while sleeping.
- Refrain from applying ice to the injected area as ice acts as an anti-inflammatory.
- Continue increased water intake for one week after your treatment.
- Use an Arnica supplement until bruising and swelling are resolved.
- **If you do bruise**, you may also use a Bromelain supplement (pineapple enzyme) up to 500mg twice a day immediately following the procedure. **DO NOT** take Bromelain supplement before treatments as it may increase your risk of bruising.

**Call us immediately at (970) 223-0193 and ask to speak to our clinical staff
if you have any concerns from your treatment.**