

## PLATELET-RICH PLASMA (PRP)

### PRE-TREATMENT INSTRUCTIONS

- Avoid PRP therapy if pregnant or breastfeeding.
- Avoid alcoholic beverages at least 24 hours prior to treatment to decrease the risk of bruising.
- Avoid anti-inflammatory and blood thinning medications (aspirin, ibuprofen, vitamin E, Aleve etc.) for 2 weeks prior to your procedure, if possible, to reduce bruising and swelling.
- Schedule your appointment at least 2 weeks prior to a special event for optimal results.
- Avoid dental work, including teeth cleaning, 2 weeks before appointment to avoid potential infections.

### TREATMENT

- Blood is drawn and processed in a centrifuge to obtain PRP.
- For non-scalp areas, topical anesthetic is applied to the treatment area for 20-30 minutes.
- PRP is then injected or spread topically depending on the treatment area and procedure (injectable vs microneedling).

### POST-TREATMENT INSTRUCTIONS

- Moderate swelling, bruising, or redness will resolve in a few days.
- Do not massage treated areas for at least 2 days after treatment.
- If receiving PRP for hair treatments, avoid washing hair and putting pressure on scalp for 2 days.
- For the first 24 hours after your treatment, only apply Alastin Skin Nectar.
- On day 2, you can apply make up and a broad-spectrum physical sunscreen with a minimum of SPF 30 to prevent discoloration.
  - Neocutis Journee
  - Elta MD
- On day 5-7 days after treatment, it is okay to resume normal product use.
- Avoid strenuous exercise for 24 hours to reduce bruising. You may resume other normal activities/routines immediately.
- Stay well-hydrated over the days immediately following treatment.

If you have any questions or concerns, please call our office at 203.764.2230.