

Platelet Rich Plasma (PRP)

Pre & Post Treatment Instructions

The following is a guideline, if you have any queries, please contact us.

Pre-treatment Care:

- If you develop a fever, cold or flu, or develop a cold sore, blemish, or rash, etc. in the area to be treated prior to your appointment, you must reschedule as you will not be treated.
- Discontinue use of anti-inflammatory drugs (steroidal and non-steroidal) such as: Aspirin, Voltarol, Ibuprofen, Motrin (or any other Ibuprofen drugs) at least 3 days to 1 week before your treatment. With PRP, we "want" inflammation this is one of the mechanisms of how PRP does its work.
- Discontinue use of any blood thinning agents such as: Aspirin, Vitamin E, Vitamin A, Gingko Biloba, Garlic, Flax Oil, Cod Liver Oil, Essential Fatty Acids (EFA's and DHA's) etc. at least 3 days to 1 week before and after treatment to minimise bruising and bleeding.
- It is recommended that you avoid: Alcohol, caffeine, Niacin supplement, spicy foods, 3 days before and after your treatment. (All of these may increase risk of bruising)
- If you are a Smoker, you should **stop smoking** or using nicotine patch, gum etc, at least **4 weeks prior to start of treatment** and **not start until AFTER you have COMPLETED the course of your PRP treatment**.
- Make sure you discuss with your Doctor/Nurse any bleeding tendencies and current medications being used.
- Get a good night sleep before the procedure.
- Eat a light meal (breakfast or lunch) the day of the treatment prior to the appointment.
- Drink Water to keep your body hydrated.
- You may take paracetamol half an hour before the procedure and if necessary, to reduce discomfort, a topical anaesthetic cream may be applied 10 minutes prior to treatment, please discuss this with your doctor / nurse.

Post-treatment Care:

- Do NOT touch, press, rub, or manipulate the treated area (s) for at least 6 hours after your treatment.
- AVOID Aspirin, Voltarol, Ibuprofen, Motrin, Aleve (all non-steroidal and steroidal anti-inflammatory agents), Gingko Biloba, Garlic, Flax Oil, Cod liver Oil, Vitamin A, Vitamin E, or any other essential fatty acids at least 3 days - 1 week 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 experience temporary Bruising, Redness, Itching, Soreness, and Swelling, which are normal reactions following injection. These will subside and resolve within few days following the procedure.
- If your skin swells or bleeds easily, plan to go home and apply ice to the area for 20-30 minutes.
- AVOID vigorous exercise, sun and heat exposure for at least 3 days after your treatment. You may otherwise resume normal activities.
- AVOID: Alcohol and caffeine for 3 days before and after your treatment.
- If you are a Smoker, you should **stop smoking** or using nicotine patch, gum etc, at least **4 weeks prior to start of treatment** and **not start until AFTER you have COMPLETED the course of your PRP treatment**.
- Do not wash or take a shower for at least 6 hours after your treatment.
- Do not use any lotions, creams, or make-up (Mineral make-up may be applied immediately following the procedure) for at least 6 hours after your treatment.
- Maintain a healthy diet and Drink at least 64 oz.'s of water the day of the treatment. Continue water intake the first week after.

Nurse Support Line to be used during out of office hours in case of Emergency: 0528 928 353