



## **PRP Pre and Post Treatment Instructions**

### **PRE TREATMENT INSTRUCTIONS •**

PRP Therapy is very safe because cells from the patient's own blood are used, which means there are no preservatives and no chance of the body rejecting the cells. The primary risks and discomforts are related to the blood draw where there is a slight pinch to insert the needle for collection and there is a potential for bruising at the site. For optimal results and to decrease the chance of bruising at the draw site, please avoid all blood thinning medications and herbal supplements for 1 week prior to your appointment. Avoid taking Aspirin and non-steroidal anti-inflammatory medications (NSAIDS) such as Ibuprofen, Motrin and Aleve. In addition, very high doses of some Vitamins and supplements (fish oils) can thin your blood and increase the chance of bruising. Please notify your provider if you are taking Coumadin, Plavix, or any other blood thinners for a medical condition. Please eat within 2 hours of your scheduled appointment and drink plenty of water.

### **POST TREATMENT INSTRUCTIONS •**

What to Expect After Treatment: Immediately following the procedure, the most commonly reported temporary side effects are redness, swelling, bruising, tenderness, tingling, numbness, lumpiness, and/or a feeling of pressure or fullness at the injection sites and/or in the treated area(s). Cold gel packs/ice may be gently applied immediately after treatment to reduce swelling. • To Avoid Bruising: Avoid alcohol consumption for a minimum of 6 hours and refrain from taking blood thinners such as Aspirin and NSAIDS for several days. Tylenol is recommended if needed for discomfort. • To Maximize Results and Prevent Complications: Avoid touching or scrubbing at the injection sites for 12 hours after treatment.