



PRP Therapy Treatment Instructions

Pre-Treatment

- ❖ Avoid coffee, alcohol, and blood thinners (i.e. Aspirin) prior to treatment.

Post-Treatment

- ❖ Try to keep the area clean for 24 hours after the procedure.
- ❖ You may experience mild pain or discomfort. Take Tylenol as directed on the bottle to alleviate any discomfort. Avoid NSAIDs such as Motrin and ibuprofen as these can make swelling and bruising worse.
- ❖ Avoid strenuous exercise for the first 48 hours after the procedure to reduce swelling and bruising.
- ❖ Do not apply make-up to the treatment area for 24 hours.
- ❖ Please note that you may experience some mild discomfort, swelling, bruising or redness at the treatment area. Bruising may last up to 1 week.
- ❖ We always schedule a follow up one month after the last appointment of treatment to take post-treatment photos for your chart. If you do not want to schedule the follow up at the time of checkout, you can always call us to schedule your follow-up appointment.