



MODERN DERMATOLOGY  
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## PLATELET-RICH PLASMA (PRP) PRE & POST CARE INSTRUCTIONS

### PRE-TREATMENT INSTRUCTIONS

- Avoid the following for at least 1 week prior to your procedure to decrease the risk of bruising or swelling: - NSAIDS (Ibuprofen, Motrin, Aleve, Naprosyn, Aspirin)—Tylenol is allowed -Certain nutritional supplements (Gingko, Garlic, Vitamin E, Vitamin A, Flax Oil, Curcumin and other anti-inflammatory nutrients) -Systemic Steroids (prednisone, dexamethasone) -Alcohol and Cigarettes
- Hydrate well the day before and the day of the procedure for ease of blood draw.
- You may start Arnica 5 pellets, 3 times a day starting 2 days before and continuing for 2 days after the procedure to decrease the risk of bruising.

### THE DAY OF THE PROCEDURE

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

### POST-TREATMENT INSTRUCTIONS

- Expect mild inflammation, redness, swelling for a few days.
- Bruising may last several weeks. You may apply arnica gel or cream to the area to help. You can continue to take Arnica, 5 pellets 3 times a day until bruising clears.
- Avoid the sun & use a physical sun block daily to prevent permanent discoloration.
- Avoid manipulating or pressing on the treated area(s) for 48 hours (including having other treatments done and avoid washing hair if PRP is being injected into the scalp for hair loss). If you are concerned with any lumps felt, please call the office.
- Avoid any massages to the areas treated.
- Eat healthy and hydrate very well (at least 64 ounces of water daily).
- For the first 4 hours after your treatment, only apply Alastin Nectar; 4 hours post treatment, it is okay to apply physical sunblock; 48 hours post treatment it is okay to apply makeup; 5-7 days after treatment, it is okay to resume normal product use.

*If you have any questions or concerns, please call the office at 203-635-0770.*