



PRP (Platelet Rich Plasma) Before and After Care

Prior to the PRP (Platelet Rich Plasma) treatment, please observe the following:

- If you are taking a blood thinner, aspirin or any other medication that you have the propensity to bleed easily while on, please tell your technician. If you are under a physician's care and need to discontinue your medication for a few days, always ask your physician prior to each treatment.
- Avoid excessive sun or heat exposure 5-7 days prior to treatment.
- Minimize or avoid alcohol 3 days prior to treatment.
- To ensure that you are adequately hydrated prior to your treatment please remember to drink 8-10 8oz glasses of water the day before your treatment and approximately 16 oz of water at least 2 hours prior to your treatment.
- For Hair Treatment- coloring your hair is permitted up to 7 days before the treatment.

After-care instructions for PRP (Platelet Rich Plasma):

- Do not touch, press, rub or manipulate the treated area(s) for at least 8 hours after your treatment.
- Do not use any lotions, creams, or make-up for at last 24 hours after your treatment.
- Avoid Advil, Aleve, Aspirin, Ibuprofen, Motrin, Naprosyn, (all non-steroidal anti-inflammatory agents), Vitamin A, Vitamin E 2 weeks after your treatment. If you must take Aspirin for cardiac reasons, you certainly may do so, but this may limit your results.
- It is normal to experience bruising, redness, itching, swelling and/or soreness that may last 3-10 days after your treatment. If you experience any pain or discomfort

you may take Tylenol or other Acetaminophen- containing products as directed.

- Avoid saunas, steam rooms, swimming for 2 days after your treatment.
- Avoid vigorous exercise, sun and heat exposure for at least 2 days after your treatment.
- Avoid alcohol, caffeine, and smoking for 3 days after treatment.
- Continue to increase water intake the first week after treatment.

If you are concerned about any reaction, please call XO Betty and contact your healthcare provider immediately.