

# PLATELET RICH PLASMA PRE-CARE INSTRUCTIONS

## PRP/PRF PRE-TREATMENT INSTRUCTIONS

### Medications

- **Avoid Blood Thinners:** Stop taking blood-thinning medications (e.g., aspirin, ibuprofen, naproxen) and supplements (e.g., fish oil, vitamin E, ginkgo biloba) at least 5-7 days before the procedure, unless otherwise directed by your healthcare provider.
- **Prescribed Medications:** Continue taking any prescribed medications unless advised otherwise by your provider.

### Hydration

- **Stay Hydrated:** Drink plenty of water in the days leading up to your treatment. Being well-hydrated helps make the blood draw easier and can improve the quality of the PRP/PRF.
- **Avoid Alcohol:** Refrain from drinking alcohol for at least 24-48 hours before your treatment, as it can dehydrate you and affect the quality of your plasma.

### 4. Dietary Considerations

- **Healthy Diet:** Eat a nutritious diet rich in leafy greens, fruits, and vegetables in the days leading up to your treatment. This can help improve the quality of your blood and the plasma derived from it.
- **Avoid Excess Sugar and Fat:** Reduce your intake of sugary and fatty foods, as they can negatively impact the plasma quality.

### 5. Skin Care (for Facial PRP/PRF)

- **No Makeup:** On the day of the treatment, come with a clean face, free of makeup, moisturizers, or other skincare products.
- **Avoid Skin Treatments:** Avoid any aggressive skincare treatments (e.g., chemical peels, laser treatments) at least 1-2 weeks before your PRP/PRF session to prevent irritation or damage to the skin.

### 6. Smoking and Caffeine

- **Avoid Smoking:** Try to stop smoking at least 3 days before the treatment, as smoking can impair healing and affect the quality of your PRP/PRF.
- **Limit Caffeine:** Reduce caffeine intake on the day of the procedure, as it can constrict blood vessels and make drawing blood more difficult.

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### Immediate Aftercare

- **Rest:** Rest and avoid strenuous activities for the first 24-48 hours after the procedure. This helps the treated area to heal and reduces the risk of bruising or swelling.
- **Avoid Touching:** Do not touch, rub, or massage the treated area for at least 8 hours post-treatment. This allows the PRP to stay in place and start the healing process.
- **No Makeup (for facial PRP):** Avoid applying makeup or skincare products to the treated area for at least 24 hours to reduce the risk of irritation or infection.

### Pain and Swelling Management

- **Ice Packs:** Apply a cold compress or ice pack to the treated area for 10-15 minutes at a time if you experience swelling or discomfort. Do this every few hours on the first day as needed.
- **Pain Relief:** You can take acetaminophen (Tylenol) for pain if needed. **Avoid anti-inflammatory medications like ibuprofen or aspirin for at least a week, as they can interfere with the natural inflammatory healing process initiated by the PRP.**

### Skincare and Hygiene

- **Gentle Cleansing:** After 24 hours, you can gently cleanse the treated area with a mild, non-irritating cleanser. After 24-48 hours, you may resume using your usual skincare products, including moisturizers and serums, unless otherwise directed by your provider. Avoid exfoliating products, retinoids, or any harsh skincare treatments for at least one week after treatment.

### Sun Protection

- **Avoid Sun Exposure:** Protect the treated area from direct sun exposure for at least a week. UV rays can damage the skin and affect the healing process.
- **Use Sunscreen:** If you need to go outside, apply a broad-spectrum sunscreen with SPF 30 or higher to the treated area. Reapply as needed throughout the day.

### 5. Activity and Lifestyle Modifications

- **Avoid Strenuous Exercise:** Refrain from vigorous exercise, heavy lifting, or activities that cause sweating for at least 24-48 hours post-treatment. This helps minimize swelling and bruising.
- **No Alcohol or Smoking:** Avoid alcohol and smoking for at least 3 days after the procedure, as they can impair healing and reduce the effectiveness of the treatment.
- **Sleep Position (for facial PRP):** If you had PRP on your face, try to sleep on your back with your head elevated for the first few nights to reduce swelling.

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#### 6. Follow-Up Care

- **Monitor the Area:** Watch for any signs of infection, such as increased redness, warmth, swelling, or pus. If you notice any of these symptoms, contact your healthcare provider immediately.
- **Follow-Up Appointments:** Attend any scheduled follow-up appointments to assess your progress and discuss further treatments if needed. PRP often requires multiple sessions for optimal results.

#### 7. What to Avoid

- **Avoid Heat Exposure:** Stay away from hot baths, saunas, or steam rooms for at least 48 hours post-treatment to prevent irritation.
- **No Hair Coloring or Chemical Treatments (for scalp PRP):** If you had PRP on your scalp, avoid coloring, perming, or chemically treating your hair for at least 72 hours post-treatment.
- **Avoid Smoking:** Smoking can slow down the healing process and reduce the effectiveness of PRP. If possible, avoid smoking for as long as possible post-treatment.

#### 8. Expected Results and Recovery

- **Be Patient:** Results from PRP treatments are gradual. You may start to notice improvements within a few weeks, but full results may take a few months as collagen builds and tissues heal.
- **Multiple Sessions:** Depending on the treatment area and desired results, you may need multiple PRP sessions spaced several weeks apart.

**Please notify The Alchemy Clinic at the office 603-206-5804 or text 978-666-9488 if you are experiencing concerns related to treatment.**