Dermatology & Plastic Surgery SPECIALISTS

PLATELET RICH PLASMA (PRP)

BEFORE YOUR TREATMENT

- Avoid blood thinners (aspirin, ibuprofen, naproxen, fish oil, vitamin E, ginkgo, garlic, turmeric and other supplements) for **five to seven days prior**, if medically appropriate.
- Avoid alcohol for **twenty-four hours** before treatment.
- Stay well hydrated.
- Do not apply makeup, lotion or skincare products to the treatment area on the day of your appointment.
- Arrive with clean skin.
- Inform your provider of all medications, supplements, allergies or medical conditions.
- Alert your provider if you have a history of autoimmune disorders, bleeding disorders, active skin infections or other medical conditions.

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AFTER YOUR TREATMENT

- You may experience redness, mild swelling, tenderness, bruising or pinpoint marks at the treatment site. These typically resolve within a few days.
- Keep the treated area clean and avoid touching, picking or massaging the area unless directed by your provider.
- Avoid makeup for **twenty-four hours** (or until skin feels comfortable).
- Avoid strenuous exercise, saunas, hot tubs and excessive heat for **twenty-four hours**.
- Avoid direct sun exposure for at least **48 hours** and use a broad-spectrum sunscreen (SPF 30 or higher) daily.
- Keep skin well hydrated with a gentle, hydrating skincare product as directed by your provider.
- You may return to normal activities immediately.
- Contact us if you experience increased redness, swelling, pain, bruising or any other concerns.