

PRP Procedures

Pre Care Instructions

1. If you develop a fever, cold/flu, cold sore, or rash in the area that you are to be treated prior to your appointment please call the office to reschedule your procedure. (FACIAL AND HAIR PROCEDURES ONLY).
2. It is recommended if you have a special event or vacation coming up that you schedule your treatment at least two weeks in advance, we would prefer 3-4 weeks.
3. Discontinue use of any anti-inflammatory drugs (steroidal and non-steroidal) such as: Aspirin, Motrin (or any other ibuprofen drugs) at least one week before your treatment. With PRP, we want inflammation, this is one of the mechanisms of how PRP does its work.
4. If you are or have been on systemic use of Corticosteroids (steroids) within 2 weeks of treatment, we cannot treat you. Consult your physician for approval to discontinue use of the steroids and receive treatment.
5. Discontinue use of any other blood thinning agents such as: vitamin E, vitamin A, Gingko Biloba, garlic, flax seed oil, cod liver oil, essential fatty acids (EFAs and DHAs) etc. at least three days to one week before and after treatment to minimize bruising and bleeding.
6. It is recommended that you avoid: alcohol, caffeine, niacin supplement, spicy foods, and cigarettes three days before and after your treatment. All of these may increase the risk of bruising.
7. Please arrange a driver for all hair procedures. You will be given Ativan at your appointment and must have a driver. (HAIR PROCEDURES ONLY)