



PLATELET RICH PLASMA (PRP) - TREATMENT CARE INSTRUCTION

Pre-Treatment Recommendations

1. If you develop a fever, cold, flu, or develop a cold sore, blemish, or rash, etc. in the area to be treated prior to your appointment, you must reschedule.
2. It is recommended, if you have a special event or vacation coming up, that you schedule your treatment at least 2 weeks in advance.
3. If you are being treated in the lip area and have a history of Herpes (cold sores) with outbreaks more than 4 times a year we recommend that you are pretreated with anti-viral medication.
4. Discontinue use of anti-inflammatory drugs (steroidal and non-steroidal) such as: Aspirin, Motrin (or any other Ibuprofen drugs) at least 3 days to 1 week before your treatment.
5. With PRP, we "want" inflammation. This is one of the mechanisms of how PRP does its work. If you are or have been on Systemic use of Corticosteroids (steroids) within 2 weeks of treatment, we cannot treat you. Please consult your physician for approval to discontinue use of steroids prior to receiving PRP treatment.
6. Discontinue use of any other blood thinning agents such as: Vitamin E, Vitamin A, Ginkgo Biloba, Garlic, Flax Oil, Cod Liver Oil, Essential Fatty Acids (EFA and DHA) etc. at least 3 days to 1 week before and after treatment to minimize bruising and bleeding.
7. It is recommended that you avoid: Alcohol, caffeine, Niacin supplement, spicy foods, and cigarettes 3 days before and after your treatment. (All of these may increase the risk of bruising)
8. In order to make an easy blood draw experience for you on the day of treatment, please drink adequate amounts of water and maintain hydration so your veins will be plumed and easily visualized.

Post-Treatment Recommendations

There are minimal restrictions after your PRP injections allowing you to return to your daily activities almost immediately.

1. Do NOT touch, press, rub, or manipulate the treated area (s) for at least 8 hours after your treatment.
2. If you bruise, please AVOID Aspirin, Motrin, Ibuprofen, Aleve (all non-steroidal and steroidal anti-inflammatory agents), Ginkgo Biloba, Garlic, Flax Oil, Cod liver Oil, Vitamin A, Vitamin E, or any

other essential fatty acids 3 -5 days. If you experience discomfort or pain you may take Tylenol or other Acetaminophen products.

3. You may apply Ice if you wish to the injected area for 20-30 minutes after the procedure but we would prefer it if you can refrain from this.
4. Do not wash or take a shower for at least 6 hours after your treatment.
5. Do not use any additional lotions, creams or make-up for at least 6 hours after your treatment.
6. AVOID vigorous exercise, sun and heat exposure for at least 3 days after your treatment
7. AVOID: Alcohol, caffeine, and cigarettes for 3 days before and after your treatment. Smokers do not heal well and problems recur earlier and results may take longer.
8. Maintain a healthy diet and Drink at least 64 oz. of water the day of the treatment. (Fiji water is recommended due to its high content of Silica). Continue water intake the first week after.
9. It is normal to experience: Bruising, Redness, Itching, Soreness, and Swelling that may last from 3-10 days following your procedure.

Please call our office should you have any questions or concerns regarding your PRP treatment or aftercare at 626-844-7273 (Tue-Sat 10am-6pm), or email us anytime at reception@parfaire.com.

The entire staff at Parfaire Medical Aesthetics committed to patient education, safety and care.