



Concierge Family Medicine & Aesthetics

## **PRP (Platelet Rich Plasma) for Facial Injection**

### **Pre-Treatment Instructions:**

- Discontinue blood thinning agents such as vitamin A, Ginkgo, Garlic, Flax, Cod Liver Oil, Omega 3 Fatty Acids, and multivitamins, a minimum of 7 days (preferably 14 days) prior to treatment.
- If you are taking any blood thinners, please notify your provider immediately, as they may represent a contraindication to this treatment. These medications include Plavix, Coumadin, and Heparin.
- Avoid aspirin, Advil, Motrin, Ibuprofen, Voltaren and other anti-inflammatory medications. These medications inhibit the mechanism by which PRP works. We want inflammation to occur.
- You may take Tylenol as needed prior to the treatment.
- If you are taking broad beta-blockers such as Inderal (Propranolol), please notify your provider as this medication may need to be changed to a selective beta-blocker in advance of the treatment. Prescription medication (including heart and blood pressure medication) should be taken as prescribed right up to, and including, the day of and the day after your 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 hydrated prior to your treatment please remember to drink water the day before your treatment session.



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### **PRP Facial Injection- Post Treatment Instructions:**

- After PRP procedure the most frequently reported temporary side effects are swelling, redness, bruising, tenderness, tingling, numbness, lumpiness, and a feeling of pressure or fullness at the injection sites in the treated area. Cool compresses can be applied if desired to reduce swelling.
- Do not take blood thinners such as Aspirin and NSAIDS for 7- 10 days after treatment. You may take Tylenol for any discomfort.
- For 24 hours after treatment avoid touching or scrubbing at the injection sites.
- Sleep on your back with your head elevated for several days after treatment.
- Avoid direct high heat for 24 hours after treatment. Some examples of direct heat include blow dryer, sun exposure, sauna, steam sauna, very hot shower, and strenuous exercise.
- Makeup can be applied following treatment if desired.
- Avoid facials, facial massage, or laser treatment for 2 weeks after treatment. Facials, chemical peels, and laser treatment may be done prior to PRP treatment if desired. Botox and Dermal fillers can be injected immediately before or after PRP treatment.

### **Contact Our Office Immediately If Any of The Following Signs of Infection Occur:**

- Drainage that looks like pus-like, green, or foul-smelling.
- Increased warmth at or around the treated area.
- Fever of 101.5 or greater.
- Severe pain that is unresponsive to over-the-counter pain relievers.

Your satisfaction is our utmost goal. Please do not hesitate to contact us with any questions or concerns.  
(724) 969- LAMB