

Platelet Rich Plasma (PRP) / Platelet Rich Fibrin (PRF)

Pre & Post Treatment Instructions

The following is a guideline, if you have any queries, please contact us.

Pre-treatment Care:

- If you develop a fever, cold or flu, or develop a cold sore, blemish, or rash, etc. in the area to be treated prior to your appointment, you must reschedule as you will not be treated.
- Discontinue use of anti-inflammatory medication (steroidal and non-steroidal) such as: Aspirin, Ibuprofen, Nurofen (or any other Ibuprofen medication) at least 3 days to 1 week before your treatment. With PRP/PRF, we "want" inflammation as this is one of the mechanisms of how PRP/PRF works.
- Discontinue use of any blood thinning agents such as: Aspirin, Vitamin E, Vitamin A, Gingko Biloba, Garlic, Flax Oil, Cod Liver Oil, Essential Fatty Acids (EFA's and DHA's) etc. at least 3 days to 1 week before and after treatment to minimise bruising and bleeding.
- It is recommended that you avoid: Alcohol, caffeine, Niacin supplement, spicy foods, 3 days before and after your treatment. (All of these may increase risk of bruising)
- If you are a Smoker, you should **stop smoking** or using nicotine patch, gum etc, at least **4 weeks prior to start of treatment** and **not start until AFTER you have COMPLETED the course of your PRP treatment**.
- Make sure you discuss with your Doctor/Nurse any bleeding tendencies and current medications being used.
- Get a good night sleep before the procedure.
- Eat a light meal (breakfast or lunch) the day of the treatment prior to the appointment.
- Drink Water to keep your body hydrated.
- You may take paracetamol half an hour before the procedure and if necessary, to reduce discomfort, a topical anaesthetic cream may be applied 10 minutes prior to treatment, please discuss this with your doctor / nurse.

Post-treatment Care:

- Do NOT touch, press, rub, or manipulate the treated area (s) for at least 6 hours after your treatment.
- AVOID Aspirin, Motrin, Ibuprofen, Aleve (all non-steroidal and steroidal anti-inflammatory agents), Gingko Biloba, Garlic, Flax Oil, Cod liver Oil, Vitamin A, Vitamin E, or any other essential fatty acids at least 3 days to 1 week prior to and after your treatment. Remember, we are creating inflammation. If you experience discomfort or pain you may take Tylenol or other Acetaminophen products
- You may experience temporary Bruising, Redness, Itching, Soreness, and Swelling, which are normal reactions following injection. These will subside and resolve within few days following the procedure.
- If your skin swells or bleeds easily, plan to go home and apply ice to the area for 20-30 minutes.
- AVOID vigorous exercise, sun and heat exposure for at least 3 days after your treatment. You may otherwise resume normal activities.
- AVOID: Alcohol and caffeine for 3 days before and after your treatment.
- If you are a Smoker, you should **stop smoking** or using nicotine patch, gum etc, at least **4 weeks prior to start of treatment** and **not start until AFTER you have COMPLETED the course of your PRP/PRF treatment**.
- Do not wash or take a shower for at least 6 hours after your treatment.
- Do not use any lotions, creams, or make-up (Mineral make-up may be applied immediately following the procedure) for at least 6 hours after your treatment.
- Maintain a healthy diet and Drink at least 64 oz.'s of water the day of the treatment. Continue water intake the first week after.
- A course of treatment is required for optimum result.