



Rejuvenation through art and science

## **Treatment Instructions**

### **PRP**

#### **Pre Treatment:**

- For optimal results and to decrease the chance of bruising, please avoid all blood thinning medications and herbal supplements for 1 week prior to your appointment. Avoid taking Aspirin and non-steroidal anti-inflammatory medications (NSAIDs) such as ibuprofen, Motrin & Aleve.
- No steroid medication use.
- Avoid smoking and alcohol for 3 days prior to treatment.
- If you are sick the day of your treatment, your appointment will need to be rescheduled.
- Diet & Food Intake: Please increase your intake of fluid the day before your PRP session. Drink water and eat normal meals the day of your PRP session.

#### **What to expect after PRP treatment:**

- 1) Immediately following the procedure, the most commonly reported temporary side effects are redness, swelling, bruising, tenderness, tingling, numbness, lumpiness, and/or a feeling of pressure or fullness at the injection sites and/or in the treated area(s). Cold gel packs/ice may be applied immediately after treatment to reduce swelling.
- 2) It is normal to feel flu like symptoms after treatment up to one week.

#### **To maximize results and prevent complications:**

- Avoid scrubbing the injection sites for at least 4 hours.
- Starting on the evening of the treatment and for the next several days; wash the treated areas gently with a mild cleanser once to twice daily. After 5 days, you may return to your regular routine.
- Avoid direct high heat (e.g. blow dryer, sun, sauna, steam room, very hot shower, hot yoga, strenuous exercise, etc.) until the morning after treatment.
- DO NOT USE NON-STEROIDAL ANTI-INFLAMMATORY DRUGS (NSAIDs) (like Ibuprofen or naproxyn), or ASPIRIN for **one week**. This is important because it will inhibit inflammation. We want the inflammation to start the healing process.
- Do not smoke or drink alcohol for 3 days after treatment. This will help with the healing process.

#### **Signs of infection include:**

- Drainage – looks like pus
- Increased warmth at or around the treated area
- Fever of 101.5 or greater

#### **Specific instructions for PRP to scalp:**

- Wash your hair the day of or the day before treatment. You may wash your hair the day after your PRP session.
- You can continue other hair loss treatments such as Avene's Ducray Hair products.
- Do not color your hair 3 days prior and 3 days after treatment.
- Wearing a hat the day of treatment is fine. Please limit sun to the area.

Please call the office if you have any questions or concerns during your recovery period. **414-964-1111**

✓ Additional Instructions: \_\_\_\_\_

Please feel free to call your provider after hours with any questions or concerns at the numbers listed below: