



POST-TREATMENT INSTRUCTIONS

Platelet Rich Plasma (PRP)

Please carefully read and follow these instructions after your PRP treatment

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

Do NOT touch, press, rub, or manipulate the treated area (s) for at least 8 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 -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 apply ice if you wish to the injected area for 20-30 minutes after the procedure

Do not wash or take a shower for at least **6 hours** after your treatment

Do not use any lotions, creams, or make-up for at least **6 hours** after your treatment

AVOID vigorous exercise, sun and heat exposure for at least **1 week** after your treatment

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.

Maintain a healthy diet and Drink at least 64 oz's water the day of the treatment (*Fiji water is recommended due to its high content of Silica*) continue water intake the first week after.

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 - 512-717-9475

I certify that I have been counseled in post treatment instructions and have been given a written copy of these instructions.

Patient Signature _____ **Date** _____

Witness Signature _____ **Date** _____