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Post Treatment For Platelet Rich Plasma (PRP)

It is normal to experience bruising, redness, itching, swelling and/or soreness that may last from 2-5 days following your treatment.

- Do NOT touch, press, rub or manipulate the treated areas for at least 8 hours after your treatment. Do not wash or take a shower, use any lotions, creams, or make-up for at least 6 hours.
- If you experience any pain or discomfort you may take Tylenol or other Acetaminophen-containing products as directed.
- Maintain a healthy diet and try to drink at least 64oz of water the day of treatment.
- Continue to avoid aspirin, Advil, Motrin, Ibuprofen, Naproxen and other anti-inflammatory medications for 7 days after your procedure. Do not use blood thinning agents such as vitamin E, vitamin A, Ginko, Garlic, Flax, Cod Liver Oil, Essential Fatty Acids and least one week after your treatment
- Avoid vigorous exercise, sun and heat exposure for at least 2 days after your treatment.
- Avoid alcohol, caffeine, and smoking for 3 days after treatment. Smoking can prolong healing time.

Contact the Office Immediately if any of the Following Signs of Infection Occur:

- Drainage – looks like pus
- 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