



AFTER CARE

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

If you have questions or concerns, please call the office at 603-742-5556.