



## **Platelet Rich Plasma (PRP) Pre-Treatment Instructions**

Have not used Accutane for the past 6 months.

If you have a history of cold sores use an antiviral agent prior to treatment, day of treatment, and 3 days following.

Do not use topical agents that may increase sensitivity of skin: retinoids, topical antibiotics, exfoliants, acids that may be drying or irritating to the skin (such as alpha hydroxyl acid (AHA) or beta hydroxyl acids (BHA), exfoliating masks, salicylic acids, hydroquinone, and benzoyl peroxide acne products) 5-7 days prior.

Do not take any anti-inflammatory medications such as ibuprofen, Motrin or Advil for 3 days prior to treatment. These agents will interfere with the natural inflammatory process that is critical and responsible for your skin rejuvenation.

Avoidance of IPL / Laser procedures, unprotected sun exposure or sunburn for 2 weeks prior.

No waxing, depilatory creams or electrolysis to area being treated 5-7 days prior.

Moles, warts or actinic (solar) keratosis cannot be treated.

Bruising is a common risk especially with PRP injections. Avoid blood thinning agents (Asprin, Fish Oil, Omega-3, Vitamin E) for 1 week prior to treatment. May resume the day after treatment.

### **Contraindications**

Pregnancy, actively infected or actively inflamed skin, skin irritation, cystic acne to area being treated, keloid scars, allergies to topical lidocaine and sunburn.

### **Day of Treatment**

Please arrive with cleansed face. No lotion, oil, makeup, powder, perfume or sunscreen.

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Inform provider of any relevant changes in your medical history and all medications you are taking.

Notify provider of any cosmetic tattoos to areas being treated.

Topical Lidocaine will be applied in office for 20-30 minutes prior to treatment.

Please be well hydrated and eat a good breakfast or lunch the day of your treatment. We will be drawing your blood.

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