



Pre-Treatment Instructions for PRP (Platelet Rich Plasma) Injections

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 (Aspirin, Fish Oil, Omega-3, Vitamin E) for 1 week prior to treatment. May resume the day after treatment.

Please arrive hydrated and with a clean face. No lotion, oil, makeup, powder or sunscreen in the area to be treated.

826 Main Street, Klamath Falls, OR, 97601

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Post-Treatment Instructions for PRP (Platelet Rich Plasma)

During the first 24-48 hours after treatment you will experience redness, swelling and tenderness in the treated areas. These responses are normal and resolve quickly and spontaneously over the next 2-4 days. Bruising at the site of injection is also common and clears completely in 1-10 days. Swelling and bruising can give the appearance of 'unevenness' in the area treated. This will settle once the swelling and bruising has gone.

After your Platelet Rich Plasma (PRP) treatment you should:

- Avoid anti-inflammatory medications such as Aspirin and Ibuprofen unless otherwise advised by your medical provider.
- Avoid exercise/exertion for 24 hours.
- Avoid excess sun exposure for 24 hours.
- Apply ice frequently as required for comfort to the area injected for up to 6 hours after the treatment. Ice is not recommended after the day of treatment.

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