



PLATELET-RICH-PLASMA (PRP) PRE- AND POST CARE

PRP therapy relies on the use of the patient's own platelet rich plasma. Due to the natural variation in quality of this substance, results may vary between individuals. Some patients may require many sessions to obtain desired outcomes. It is important to be well prepared for any treatment

you are thinking of having as the final results can be impacted by your pre- and post care steps. Please read the **Exemption form** which outlines all the situations whereby you may be exempt from this treatment before proceeding.

PRE-TREATMENT CARE INSTRUCTIONS:

1. GENERAL RECOMMENDATIONS

- Ensure you get at least 6-7 hours of sleep per night for at least 1-2 days prior to PRP treatment.
- Avoid going to the gym for at least 24 hours before and after your PRP treatment.
- Please notify the clinic of any acute illnesses that occur within 2 days of your PRP treatment, for effective PRP treatment you should not be on any antibiotics.
- Please continue all your normal medications as per usual prior to and after your PRP treatment.
- If you develop a fever, cold/flu, or develop a cold sore, blemish, or rash, etc. in the area to be treated prior to your appointment, you must reschedule.
- It is recommended, if you have a special event or vacation coming up that you schedule your treatment at least 2 weeks in advance.

If you have any queries or concerns, please ensure you discuss this with us at your consultation.

2. MEDICATIONS

Pain relief medications, e.g: paracetamol may be taken as needed prior to the treatment.

Blood thinning medications, please notify us if you are taking blood thinners and discontinue use at least 1-2 weeks prior to your treatment.

- **Blood thinning supplements include:** Vitamin A, Ginkgo, Garlic, Flax oil, Cod Liver Oil, Essential Omega 3 Fatty Acids and multivitamins. It is fine to continue Iron and Vitamin D.
- **Anti-coagulant (blood thinning) medications include:** Plavix (clopidogrel), Heparin, Coumadin (warfarin), Clexane (enoxaparin sodium) and Xarelto (rivaroxaban)

Anti-inflammatory medications inhibit the mechanisms by which PRP works and they include:

- **NSAIDs** (non-steroidal anti-inflammatory drugs) e.g: Aspirin, Advil, Motrin, Ibuprofen, Neurofen, Naproxen, Voltaren and other anti-inflammatory medications.
- **Steroidal drugs** e.g: prednisolone, prednisone, cortisone, hydrocortisone, methylprednisolone, dexamethasone and betamethasone.

If you have a required prescription for blood thinning or anti-inflammatory medications, please discuss this with us as you may not be qualified for PRP treatments.

Other prescribed heart and blood pressure medication can be taken as prescribed right up to and including day of and after treatment.

- **Broad beta-blockers** such as Inderal (propranolol) may need to be changed by your doctor to a selective beta-blocker prior to PRP treatments.

3. DIET

Please ensure that you are adequately hydrated prior to your PRP treatment

- Increase your **fluid intake** the day before your procedure by simply drinking 2 glasses of water in the morning, 2 glasses at lunch, and 2 glasses at dinner, in addition to your normal intake of water the day before your treatment session.

For 1-2 days prior to your PRP treatment, please ensure you consume (not in the form of a juice or smoothie) If possible:

- **At least 3 of the following fruits:** banana, berries, mangoes, citrus fruits and/or pineapples.
- **At least 5 of the following vegetables:** kale, spinach, sweet potato, carrot, beetroot, broccoli, asparagus, green beans, peas, and dark coloured lettuce.

For 1-2 days prior to your PRP treatment, please ensure you avoid if possible:

- Bread, pasta, rice, breakfast cereals, pastries, pies, fatty meats such as mince meat, sausages, kebab meat or fried meat, curries, excessive spices, fried foods, sugar rich soft drinks and sweets.
- All caffeinated drinks including drinks such as Redbull and pre-gym workout products, as well as coffee and caffeinated sugary drinks.
- Minimise or avoid any alcoholic beverages. Alcohol is a blood thinner, it can make your scalp more sensitive to micro-needling and injections as well as making the blood draw process more painful.

4. **HABITS AND BEHAVIOURS**

- If possible, refrain from or minimise **smoking** prior to your procedure as it impacts the healing process.
- Avoid prolonged and excessive **sun or heat exposure** 3-7 days prior to treatment as this can dry out the natural oils in your hair and scalp making it dry and brittle.

Specific to PRP Hair treatments

- Avoid having **any hair treatments** done like chemical hair straightening or keratin, colouring and styling as well as having hair extensions put in, at least one week before your treatment. Colouring your hair is permitted up to 7 days before the treatment and you may have hair extensions put in 1 week after.
- Do not apply any oils, serums or minoxidil for at least 1-2 days before your PRP treatment and for at least 24 hours afterwards.

Specific to PRP Face treatments

- Ensure that you have not used Accutane (A type of retinoid medication that treats severe acne) in the past 6 months.
- Avoid spray tanning
- Avoid use of retinol containing products at least 1 week prior to treatment

THINGS TO DO ON THE DAY OF YOUR PRP TREATMENT:

- Stay hydrated and maintain a healthy intake of fluid, two hours before your treatment, drink at least 2 glasses of water (500 mls). This eases the blood draw procedure.
- Please eat a normal breakfast or lunch the day of your PRP session to help with your blood circulation and ensure your body is functioning at its best.

Specific to PRP Hair treatments

- Shower the morning of your treatment and wash your hair thoroughly. This can get rid of all the dirt, oils, and other particles in your hair and scalp that could cause infection during treatment. Use your regular shampoo.
- Avoid using new shampoos on the day of your treatment to avoid an adverse reaction.
- Towel or air-dry your hair; Do not apply sprays, gels, or any other styling products to your hair.
- If you wear hair extensions, remove them before showering. Don't wear hair systems like wigs or toupees over your hair after showering as these can trap dirt and other particles on your newly-washed hair.

POST TREATMENT CARE INSTRUCTIONS:

1. GENERAL RECOMMENDATIONS

- It is normal to experience bruising, redness, itching, swelling and/or soreness that may last 2-10 days following your treatment.
- Do **NOT** touch, press, rub, or manipulate the treated area (s) of your scalp or face for at least 8 hours after your treatment. This can cause bruising as well as increase the risk of bacterial infection.

Specific to PRP Face treatments

Mild inflammation, redness and bruising in certain areas may be expected.

- Avoid cold cloths and ice to the treated area for 48 hours
- Avoid the sun and use a physical sunscreen daily for at least 1-2 days.

Do not wash your face 1-3 hours following the treatment, however if your skin feels tight apply your normal moisturising cream 1-3 hours after treatment and if you would like to wash your face, wash with water. You may return to your usual skin care regimen after 1-3 days.

2. MEDICATIONS

- If you experience any pain or discomfort you may take paracetamol.

For 1 week after treatment, avoid NSAIDs (non-steroidal anti-inflammatory drugs) for pain relief as possible.

If you must take prescribed Aspirin e.g. for cardiac conditions then continue to do so

It is recommended that for at least 3-7 days after treatment avoid anti-inflammatory supplements such as: Gingko Biloba, Garlic, Flax Oil, Cod liver Oil, Vitamin A, Vitamin E, or any other essential fatty acids.

3. DIET

- Avoid alcohol and highly caffeinated beverages for at least 3 days before and after treatment. These can have blood-thinning effects and promote bruising in the treatment area.
- Maintain a healthy diet and continue to increase water intake the first week after treatment to improve the effects of PRP treatment.

4. **HABITS AND BEHAVIOURS**

- For the first 2 days after your treatment, avoid **strenuous exercises** as these can promote blood flow and increase the risk of bruising.
- Avoid **smoking** for at least 3 days. Smoking hinders the wound healing process, affects healing time factors, and cause issues with cell repair and regeneration, therefore results may take longer.
- Do not use any lotions, creams, or make-up for at least 6 hours after your treatment.
- Avoid excessive sun and heat exposure for at least 1-2 days after treatment.

Specific to PRP Hair treatments

- Do not wash or take a shower for at least 6 hours after your treatment. For the first 3 days, use shampoo that is pH balanced.
- Avoid saunas, steam rooms, and swimming pools as they can increase risk of bruising and infection to the treated part of the scalp.
- Avoid wetting your hair for at least 3 hours and also avoid applying any hair products for at least 6 hours. When you do wash your hair, take a warm/hot shower as this could promotes the effects of PRP.
- Do not colour or dye your hair for at least 1 week before and after your PRP treatment. Ideally avoid all hair dyes for the duration of your PRP treatments.
- Avoid hair straightening for at least 3 days.
- Abstain from having hair extensions put in 1 week before and after your PRP treatment. Excessive use of hair extensions can contribute to the development of traction alopecia, particularly if they are quite heavy and can worsen already pre-existing androgenetic alopecia.

MANAGING SIDE EFFECTS:

After your treatment, you may experience bruising, redness, itching, swelling and/or soreness that may last 2-10 days following your treatment. These usually subside after several days on their own.

If the discomfort continues, home remedies such as ice-packs and pain relief medication can be used to manage your symptoms. It is preferred if ice-packs are not used on the injected area as they act as an anti-inflammatory which can minimise the efficacy of the treatment but use if necessary.

Despite PRP being a relatively safe procedure with a low risk of adverse side effects, if you experience any of these symptoms you must see a doctor immediately:

- Pus-like discharge
- Increased warmth around the treatment area
- High fever
- Severe pain that can't be managed with pain relievers
- Side effects that last longer than 2 weeks
- Unusual discomfort

Please do not hesitate to contact us with any questions or concerns.