



PRP Injections Pre & Post Care

*You should not have PRP treatment done if you have any of the following conditions/diseases:

- certain skin diseases (i.e. Systemic Lupus Erythematosus (SLE), porphyria)
- allergies to anesthetics (lidocaine, xylocaine)
- cancer
- chemotherapy
- blood or bleeding disorders
- anti-coagulation therapy
- chronic liver disease
- systemic use of corticosteroids within two weeks of the procedure
- pregnant or breast feeding

Pre-Treatment

- AVOID anti-inflammatory, blood-thinning medications two weeks before treatment. Such as aspirin, ibuprofen, omega-3s, St. John's Wort, Vitamin E, Gingko Biloba, etc..
- AVOID alcoholic beverages for 24 hours before your appointment. Alcohol can thin the blood and increase bruising.
- You can start Arnica supplements a week prior to injection to help with post injection bruises. Arnica helps to speed up the fading away of bruises. If you develop a cold/flu, infection, blemish, or rash, etc. in the area to be treated prior to your appointment, we recommend that you please reschedule your appointment until it resolves.

Treatment Day

Come to the appointment with a clean skin and no lotion in the area being treated.

What to Expect

After PRP injections it is normal to experience bruising, redness, itching, swelling and/or soreness that may last 2-5 days. For the first 48 hours following treatment. NO vigorous exercise, sun, heat, saunas, steam rooms, hot tubs, or swimming in pools.

Aftercare

Immediately following the procedure, the most commonly reported side effects are redness, swelling, bruising, tenderness, tingling, numbness, lumpiness and/or feelings of pressure or fullness at the injection sites and/or in the treated area(s).

To maximize results and prevent complications:

- Avoid touching or scrubbing at the injection sites for 24 hours after treatment.
- Sleep on your back with your head elevated and avoid rubbing the treated area for two weeks
- Avoid direct high heat (blow dryer, sun exposure, sauna, steam room, very hot shower, hot yoga, strenuous exercise, etc) for 24 hours after treatment.
- Makeup may be applied immediately after treatment if desired but preferred to wait at least 5 hours.
- No facials, facial massages (includes face down body massages), or laser treatments for 2 weeks afterwards. Most facials, chemical peels, lasers, and light treatments may be done immediately prior to the treatment but not for 2 weeks after the treatment.
- We would prefer if you could refrain from applying ice to the injected area as ice acts as an anti-inflammatory.
- Avoid alcohol consumption for a minimum of 6 hours post procedure, and preferably the night before
- AVOID Advil, Aleve, Aspirin, Ibuprofen, Motrin, Naprosyn, (all non-steroidal anti-inflammatory agents), Vitamin A, Vitamin E, Gingko Biloba, Garlic, Flax Oil, Cod Liver, Essential Fatty Acids (EPA, DHA), for 2 weeks after your treatment.
- Remember, our goal is to create inflammation. These listed medications will limit or prevent inflammation, which can diminish your results. If you must take Aspirin for cardiac reasons, you certainly may do so, but this may limit your results.

Please contact Cheeky Medspa at (907) 252-3198 if you have any questions, concerns, or compliments regarding your treatment.