



SWR PRP PRF Pre-Post Treatment Instructions

A few simple guidelines BEFORE your treatment can make a difference

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 (we will not treat you).

It is recommended, if you have a special event (wedding) or vacation coming up that you schedule your treatment at least 4 weeks in advance.

If you are being treated in the lip area and have a history of Herpes (cold sores) with outbreaks more than 4 times a year, some practitioners recommended that you are pretreated with medication. **Please let us know that you need a prescription, if you do not have this medication on hand. **

Discontinue use of anti-inflammatory drugs (steroidal and non-steroidal) such as: Aspirin, Advil, Aleve, Exedrin Migraine, Motrin (or any other Ibuprofen drugs) 1 week before your treatment. With PRP/PRF, we "want" inflammation. This is one of the mechanisms of how PRP/PRF does its work.

If you are or have been on Systemic use of Corticosteroids (steroids) within 2 weeks of treatment, we cannot treat you. Consult your physician for approval to discontinue use of steroids and receive treatment.

Discontinue use of any other blood thinning agents such as: Vitamin E, Vitamin A, Gingko Biloba, Garlic, Flax Oil, Cod Liver Oil, Essential Fatty Acids (EFA's and DHA's), Ginger, Turmeric, Matcha, Spirulina, etc. at least 1 week before and after treatment to minimize bruising and bleeding.

It is recommended that you avoid: Alcohol, caffeine, Niacin supplement, spicy foods, and cigarettes 3 days before and after your treatment. (All of these may increase risk of bruising)

Please carefully read and follow these instructions AFTER your Platelet Rich treatment. There are minimal restrictions after your injections allowing you to return to your daily activities almost immediately.

Do NOT touch, press, rub, or manipulate the treated area (s) for at least 8 hours after your treatment

AVOID Aspirin, Motrin, Ibuprofen, Aleve (all non-steroidal and steroidal anti-inflammatory agents), Gingko Biloba, Garlic, Flax Oil, Cod liver Oil, Vitamin A, Vitamin E, or any other essential fatty acids at least 1 week prior to and after your treatment. Remember, we are creating inflammation.

If you experience discomfort or pain you may take Tylenol or other Acetaminophen products. You may apply Ice if you wish to the injected area for 20-30 minutes after the procedure but we would prefer if you can refrain from this.

Do not wash or take a shower for at least 6 hours after your treatment. Do not use any lotions, creams, or make-up for at least 6 hours after your treatment.

AVOID vigorous exercise, sun and heat exposure for at least 3 days after your treatment. AVOID Alcohol, caffeine, and cigarettes for 3 days before and after your treatment. Smokers do not heal well and problems recur earlier and results may take longer.

Maintain a healthy diet and drink at least 64 oz. of water the day of the treatment. Continue water intake the first week after.

It is normal to experience: Bruising, Redness, Itching, Soreness, and Swelling that may last from 3-10 days following your procedure. You may have swelling that increases to day 3-4 and resolves by day 10-14.

Please call our office should you have any questions or concerns regarding your PRP treatment or aftercare 503.964.5334 or email info@skinwiserox.com.

I certify that I have been counseled in pre and post treatment instructions and have been given a copy of these Instructions.