



Miami Beach

# COMPREHENSIVE WELLNESS CENTER

## Patient Instructions for Platelet Rich Plasma (PRP) Procedures

### Before your procedure

- **AVOID ALL NON-STEROIDAL ANTI-INFLAMMATORY MEDICATIONS FOR AT LEAST ONE WEEK BEFORE THE PROCEDURE. Continue avoiding them for at least one week AFTER the procedure as well. This includes:**
  - Aspirin
  - Any supplement which contains Willow Bark
  - Motrin, Ibuprofen
  - Naprosyn, Naproxen
  - Toradol, Ketorolac
  - Voltaren
  - Tylenol, Acetaminophen
    - **Be careful with this one! Many products contain this as a primary or secondary ingredient!**
  - All of these medications interfere with platelet function. We want them to be as healthy as possible before your procedure.
- If you need to take something for pain, the following things are acceptable
  - Flexeril, Cyclobenzaprine
  - Soma, Carsiprodol
  - San Qi
  - Curcumin, Turmeric Extracts
  - Magnesium (any formulation)
  - CBD (any formulation)
- Hydrate well on the day before and the day of your procedure. This makes it easier to draw your blood and ensures that we will get plenty of plasma to work with.
- It is OK to eat before your procedure, you do NOT need to be fasting.
- **For Facial Rejuvenation, do not wear any makeup on the day of your procedure.**

### After your procedure

- **FOR ALL PROCEDURES:**
  - **AVOID ALL NON-STEROIDAL ANTI-INFLAMMATORY MEDICATIONS FOR AT LEAST ONE WEEK AFTER THE PROCEDURE.**
  - If you need something for pain, you can take anything from the list noted above.
- **For Joint Injections (Shoulder, Knee, Elbow, Wrist, Hip, Back, Neck)**
  - Plan to rest the area that was injected for at least 1 Week. The area does not need to be immobilized, you can use it as you normally would. However, do not do any heavy lifting or high impact exercises.

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- When you are ready to start exercising again, start slowly with 50% effort. Work your way back up to regular effort over the next couple of weeks.
- Hair Rejuvenation
  - You may take a shower and wash your hair as you usually do on the same day as the procedure.
  - Your scalp/head may be sore for 1-2 days afterwards, this is normal and will improve with time.
  - Plan to follow up for the next procedure as directed by your provider.
- Facial Rejuvenation
  - Avoid strong facial cleansing procedures for at least 3 days after the procedure.
  - Avoid makeup for 2-3 days after the procedure.
  - You can wash your face with mild soap and water any time after the procedure. You may also use a good quality moisturizer or serum any time.
  - If there are any scabs or scaling, do not pick them off. Use a moisturizer over the area.
  - Avoid excess, direct sun exposure, hot tubs, swimming in the pool or ocean for at least 3 days.
- Penile Injection and Vaginal Rejuvenation
  - Avoid intercourse for 48 hours after the procedure
- For all procedures, contact the office if any of the following occur:
  - Worsening pain- some pain/discomfort is normal after the procedure. It should get better over the next 2-3 days. If it continues to get worse, please contact the office.
  - Worsening redness or swelling at any injection sites
  - Bruising that does not improve within 3-4 days
  - Fever over 100.7 degrees