

INJECTABLES: PLATELET RICH PLASMA (PRP)

Treatment Information

BEFORE A PLATELET RICH PLASMA (PRP) APPOINTMENT

- Clear your schedule, no special events for two weeks after your procedure (3-4 is even better).
- 14 days prior, no corticosteroid use (consult your physician before discontinuing anything prescribed) and avoid any skin irritation (i.e. chemical peels, microdermabrasion, laser treatments).
- If you develop a fever, cold, flu, cold sore, blemish or rash in the area of treatment, please reschedule. Cold sores will require a prescription to prepare you for treatment.
- Stay hydrated and increase your fruit and vegetable intake.
- 7 days prior, avoid blood thinning medications like ASA/aspirin, ibuprofen (i.e. Motrin, Advil), naproxen (Aleve), herbal supplements (i.e. garlic, ginseng, ginkgo biloba, St. John's Wort) and some dietary supplements such as vitamin E and omega-3.
- 24 hours before, do not drink alcohol and increase your water intake (helps make the blood draw more effective).

DURING A PLATELET RICH PLASMA (PRP) APPOINTMENT

- A small vial of your blood is drawn by one of our registered nurses. The blood is then spun in a centrifuge to separate the different components. (e.g., red blood cells, white blood cells and plasma). Once the blood has been separated, the plasma (PRP) is extracted from the tube. The PRP is injected into the desired treatment area.

AFTER A PLATELET RICH PLASMA (PRP) APPOINTMENT

- Common side effects include (but are not limited to): discomfort, pain, redness, swelling, temporary bumps, firmness, itching, bruising, tenderness, warmth, tingling.
- Rare but more serious side effects include nodules, headache, neck pain, dizziness, infection/skin ulceration, change in blood pressure, nausea, bleeding, discolouration at the injection site, and temporary nerve injury.
- PRP results are not visible right away and are not permanent. Facial rejuvenation results can last 4-6 months when combined with filler. Hair restoration will require 3-5 treatments, then quarterly or 6-month injections to maintain results.
- Before leaving the clinic, book a follow-up and set up next appointments for your treatment plan.
- For 4-7 days, do not use anti-inflammatory drugs (Aspirin, Naproxen, Ibuprofen). Inflammation is important and a key component of this treatment!
- Avoid touching or washing the area for a minimum of 8 hrs, do not apply makeup over the injected area until the next day (or risk infection). Hats or headwear may be worn the next day.
- For 1-2 days avoid alcohol, caffeine, smoking, strenuous exercise, and exposure to UV radiation, high heat environments (e.g., sauna, steam room, tanning beds, hot showers) or risk worsening swelling and discomfort.
- Wait 1 month before receiving another PRP treatment. A series of 3-5 treatments, spaced 15-30 days apart is a good estimate for how many treatments will be needed.
- *Contact us:*
 - If you experience any other side effects, which you think are important.
 - If you also see your family doctor, a walk-in clinic doctor, or go to the ER.