

eighty-two MAGNOLIA AESTHETICS & WELLNESS

Platelet Rich Plasma (PRP)

Pre Care

- Avoid the following for at least 1 week prior to your procedure to decrease the risk of bruising or swelling.
 1. NSAIDS, Ibuprofen, Motrin, Aleve, Naprosyn, Aspirin.
 2. Certain nutritional supplements (Gingko, Garlic, Vitamin E, Vitamin A, Flax Oil, Curcumin).
 3. Systemic Steroids (prednisone, dexamethasone)
 4. Alcohol and Cigarettes.
- Tylenol is allowed
- Hydrate well the day before and the day of the procedure for ease of blood draw.
- You may start Arnica 5 pellets, 3 times a day starting 2 days before and continuing for 2 days after the procedure to decrease the risk of bruising.

Day of Procedure

- Blood is drawn and PRP is processed.
- For non-scalp areas, topical anesthetic is applied to the treatment area for 20-30 minutes.
- PRP is then injected or spread topically depending on the treatment area and procedure (injectable vs microneedling).

Post Care

- Expect mild inflammation, redness, swelling for a few days.
- Bruising is possible. You may apply arnica gel or cream to the area to help. You can continue to take Arnica, 5 pellets 3 times a day until bruising clears.
- Avoid sun exposure and use sun block daily to prevent permanent discoloration.
- Avoid manipulating or pressing on the treated area for 48 hours (avoid washing hair if PRP is injected into the scalp area.) If you are concerned with any lumps or bumps felt, please contact your provider.
- Avoid any massages to the areas treated.

- Eat healthy and hydrate very well (64 ounces of water daily).
- Use only recommended after care products provided by this office. Makeup and sunblock may be worn 24 hours post treatment
- Discuss resuming normal product usage with your provider.

Please contact us at (850)889-8982 if you have any questions.