

Dr. Lynn Spooner

## PRP PRE TREATMENT ADVISE

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Platelet-rich plasma (PRP) therapy is a cutting-edge treatment. Numerous research studies have been conducted on PRP and its effects on healing and tissue growth.

Completely natural - using your own plasma for stem cell renewal which promotes collagen and elastin formation as well as hyaluronic acid production.

Before PRP therapy please follow the following advice to ensure the best possible results and to avoid any unnecessary downtime.

Nutrition plays a significant role in determining the effectiveness of PRP therapy. The procedure relies on your body's ability to produce healthy red blood cells. That means it's crucial to stock up on nutrients that promote good health pre-treatment.

- > Avoid caffeine and spicy food for 24 hours, as these may exacerbate bruising and swelling.
- > If possible, stop smoking or limit smoking for three days prior to your procedure.  
The more the better as we find it really impacts on the healing process.
- > Avoid alcohol for a week before treatment. Alcohol affects stem cell numbers and function which may compromise stem cell quality and healing. The effectiveness of PRP is based on your own body's ability to heal.
- > Commit yourself to healthy foods, good sleep, lots of water and no alcohol for maximum results and healing.
- > Please advise us prior to treatment if you have suffered in the past with cold sores. You may need to take an anti-viral medication 3 days before treatment and continue for a week post treatment.

***If you take medications on a regular basis please consult your own GP before stopping them.***

- > At least five days before your procedure, discontinue anti-inflammatory medications including Aspirin or Ibuprofen.
- > One week before your procedure, discontinue any blood thinning herbs or supplements (such as multivitamins, fish oils, glucosamine and Vitamin B or Vitamin E, which are blood-thinning agents and may exacerbate bruising)
- > On the day of your procedure, eat a full, healthy breakfast and be sure to drink plenty of water.

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## PRP POST TREATMENT ADVICE

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Bruising at the site of injection is common (more so with under-eye area). Please note this is temporary and will completely disappear within 1 – 10 days with no effect on your treatment. During the first 24-48 hours after treatment, you may experience redness, swelling and tenderness in the treated areas. These responses are normal and resolve quickly and spontaneously over the next 2-4 days. If required you can apply light mineral makeup to cover bruising - should it occur. Drink plenty of water for 48 hours after the procedure.

- > Avoid alcohol, caffeine and spicy food for 24 hours, as these may exacerbate bruising and swelling.
- > Avoid exercise/exertion for 24 hours.
- > Avoid excess sun exposure or solarium use for 24 hours. As always you should wear a good broad-spectrum SPF 30 min every day.
- > If required you may apply a cool compress as required to the area injected for up to 6 hours after the treatment. This will prevent or help to alleviate any bruising. It will also help to reduce any swelling. You can use Arnica cream and arnica tablets to help alleviate any bruising
- > Do not massage the area heavily, apply products gently for the next 48hours.
- > Avoid having any facial treatments: Facials, IPL, Micro-needling for 2-week post treatment. After a PRP hair-restoration treatment, do not use any harsh chemicals or hair styling products.
- > Avoid saunas and steam rooms for more than 48 hours.