

PRP / PRF (General)

Pre and Post Treatment Instructions

Overview

PRP therapy for the face is a treatment that involves withdrawing a patient's own blood, processing it so that only the enriched cells (platelet-rich plasma) remain, and infusing it into the facial tissue through Micro Needling or injections (eye, hair, etc). PRP contains essential proteins that stimulate new cell growth, helping to improve your complexion, skin texture and to restore lost facial volume. Due to the natural variation in quality of platelet-rich plasma, results will vary between individuals. Some patients may require multiple sessions to obtain desired outcomes

Contraindications

You should not have PRP treatment done if you have any of the following conditions:

- An impaired immune system due to immunosuppressive diseases, HIV, HTV, or immunosuppressive medications
- Skin conditions and diseases including: Facial cancer, existing or uncured. This includes SCC, BCC and melanoma, systemic cancer, and chemotherapy.
- Steroid therapy, dermatological diseases affecting the face (i.e. Porphyria), communicable diseases, blood disorders and platelet abnormalities, anticoagulation therapy (i.e. Warfarin)
- A history of medication over the past 2 months that could affect the skin, i.e., Accutane
- Pacemakers, a history of a severe heart disorder, arrhythmias
- Pregnant or lactating
- Blood thinning medications or blood clotting disorders

- Any active skin disease or disorder around the treatment site; acne, eczema, psoriasis
- A history of keloids or abnormal wound healing
- Any surgical procedure in the treatment area within 3 months

Prior to Treatment, Inform Your Provider of the Following:

- If you have a history of facial and/or nasal herpes or fever blisters to receive advice on antiviral therapy prior to treatment.
- If you have a history of any significant allergy or skin sensitivity
- If you have any implants that could be metal
- If you have recently had a facial peel or surgery
- Recent use of self-tanning lotions, tanning booths, or prolonged sun exposure 24 hours prior to treatment
- All current medications and supplements including blood thinning, Accutane and use of Retin-A products
- If you have had Hormone replacement therapy
- If you have a history of Keloid scarring
- If you are pregnant or lactating

Pre Treatment Instructions

- Please come to appointment with a clean face or you may wash face upon arrival
- Avoid chemical peels, waxing, electrolysis, Laser treatments, or threading for at least 2 weeks prior to procedure
- Discontinue blood thinning agents such as vitamin E, vitamin A, Ginko, Garlic, Flax, Cod Liver Oil, and Essential Fatty Acids, and multivitamins, a minimum of 7 days prior to treatment. It is fine to continue iron and vitamin D.
- If you are taking any blood thinners, please let your provider know immediately, as they may represent a contraindication to this treatment. These medications include Plavix, Coumadin and Heparin.
- Avoid aspirin, Advil, Motrin, Iburprofen, Naproxen, Voltaren and other anti-inflammatory medications. We want inflammation to occur – as this is one mechanism by which PRP works. These medications also increase your bleeding and bruising risk.
- You may use Tylenol (acetaminophen) as needed prior to the treatment.
- Prescription medications (including heart and blood pressure medication) should be taken as prescribed right up to, and including, the day of and the day after your treatments.
- Avoid excessive sun or heat exposure for 3 days prior.
- Avoid topical products such as Tretinoin (Retin-A), Retinols, Retinoids, Glycolic Acid, Alpha Hydroxy Acid, Salicylic Acid, or other “anti-aging”, “acne”, and “bleaching” products. Also AVOID waxing, bleaching, tweezing, or the use of hair removal cream on the area to be treated for 3 days prior to procedure.
- Do not stop any medications without discussing with your primary care provider first.

Post Treatment Instructions

PRP facial injections (lines, under eyes etc)

Since PRP treatments inject your own blood back into your body there isn't much risk of serious side effects. However, there are some common [side effects](#) that you may experience, which include:

- Mild itching or irritation
- Minor swelling
- Bruising at the injection site
- If you experience any pain or discomfort you may take Tylenol or other Acetaminophen-containing products as directed. Do not take any anti-inflammatory medications such as Ibuprofen, Motrin or Advil for a week following treatment - these agents will interfere with the natural inflammatory process that is critical and responsible for your skin rejuvenation.

Here are some things to do during recovery from PRP injection treatment:

- DO sleep on your back with head slightly elevated for at least two nights
- DO use sunscreen and a gentle moisturizer
- DO wait at least six hours before applying makeup

And here's what you should avoid while recovering:

- DO NOT touch the injection area for at least 6 hours after treatment
- DO NOT take Aspirin for pain as it can lead to complications because it is a blood-thinner
- DO NOT scrub, exfoliate, or massage the area for 72 hours after treatment
- DO NOT drink alcohol after injection for at least 72 hours

Although efforts are made to minimize any downtime, it is to be expected to have mild swelling and bruising after treatment. Contact the Office Immediately if any of the Following Signs of Infection Occur:

- Drainage – looks like pus
- Increased warmth at or around the treated area
- Fever of 100.5 or greater
- Severe pain that is unresponsive to over-the-counter pain relievers

New collagen formation takes 4-6 weeks to develop; please be patient. It is recommended to have a minimum of 3 treatments, 4-6 weeks apart for maximum benefit.