



212.366.4787 | www.beautyfixmedspa.com

PRP (PLATELET RICH PLASMA) PRE- AND POST-CARE GUIDE

PRE-TREATMENT INSTRUCTIONS

TO PREPARE FOR THE BLOOD DRAW ASSOCIATED WITH PRP THERAPY

PRP Therapy is very safe because cells from the patient's own blood are used, which means there are no preservatives and no chance of the body rejecting the cells. The primary risks and discomforts are related to the blood draw where there is a slight pinch to insert the needle for collection and there is a potential for bruising at the site.

For **1 week** prior to treatment, stop consuming: Aspirin/Baby Aspirin, Ibuprofen (Motrin, Advil, Aleve), St. John's Wort, Omega 3 fatty acids (Fish Oil), Vitamin E, Ginseng, Ginger, Ginkgo Biloba

Avoid taking non-steroidal anti-inflammatory medications (NSAIDS) such as Ibuprofen, Motrin and Aleve. Please notify your BeautyFix provider if you are taking Coumadin, Plavix, or any other blood thinners for a medical condition.

POST-TREATMENT INSTRUCTIONS

FOR INJECTION PLATELET-RICH PLASMA

Immediately following the procedure, the most commonly reported temporary side effects are redness, swelling, bruising, tenderness, tingling, numbness, lumpiness, and/or a feeling of pressure or fullness at the injection sites and/or in the treated area(s). Cold gel packs/ice may be gently applied immediately after treatment to reduce swelling

To prevent bruising, avoid alcohol consumption for a minimum of 6 hours and refrain from taking blood thinners such as Aspirin and NSAIDS for several days. Tylenol is recommended if needed for discomfort.

Avoid touching or scrubbing at the injection sites for **24 hours** after treatment Sleep on your back with your head elevated and avoid rubbing the treated area for **2 weeks**

Avoid direct high heat (blow dryer, sun exposure, sauna, steam room, very hot shower, hot yoga, strenuous exercise, etc.) for **24 hours** after treatment

Makeup may be applied immediately after the treatment if desired



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No facials, facial massages, or laser treatments for **2 weeks** after treatment - most facials, chemical peels, laser, and light treatments may be done immediately *prior* to the treatment but not for **2 weeks** *after* the treatment.

Botox® may be injected immediately before or after.

NEXT STEPS

FOR INJECTION PLATELET-RICH PLASMA

Follow-Up Appointments: Most patients see improvement within 2-4 weeks with continued improvement for up to 12 weeks. If the desired level of correction has not been reached within 4-12 weeks, then we recommend repeating the procedure at 4-12 week intervals until you achieve the results you desire.

Maintenance Treatments: The results of this treatment can last up to 2 years, but results do vary. Maintenance treatments are recommended every 6-12 months

POST-TREATMENT INSTRUCTIONS

FOR TOPICAL APPLICATION PLATELET-RICH PLASMA

For a minimum of **5 hours** after the PRP has been applied to your skin, do not wash your skin, expose the treated area to direct high heat, or engage in activities that will get the skin wet or cause you to sweat (blow dryer, sun exposure, sauna, steam room, Jacuzzi, very hot shower, hot yoga, strenuous exercise, etc.)

NEXT STEPS

We recommend a series of 3-6 treatments administered at 2-4 week intervals.

We want you to have a safe and exceptional experience at BeautyFix!

If you experience discomfort within 12 hours post-treatment, please call BeautyFix at 212-366-4787 or email us at customercare@beautyfixmedspa.com with your concerns.