



### **PRE-TREATMENT CARE – PLATELET RICH PLASMA (PRP)**

1. Hydrate well the day before and the day of treatment
2. No oral isotretinoin use in the last 6 months
3. Avoid the use of the following 1 week prior to treatments to prevent excessive bleeding/bruising
  - a. Anti-inflammatories (Advil, Naproxen, Aspirin, Aleve, Motrin)
  - b. Alcohol
  - c. Cigarettes
  - d. Systemic steroids (prednisone, dexamethasone)
  - e. Nutritional supplements (garlic, ginkgo, vitamin E, flax oil, curcumin, and any other anti-inflammatory supplements)
4. Please notify us if you are taking any blood thinners such as Coumadin, Plavix or Heparin etc.
5. Avoid retinols (Vitamin A) and glycolic acids at least 48 hours prior to your treatment
6. Talk to your nurse or physician if you have previously suffered from herpes viral infections (e.g. cold sores) as injections can lead to reactivation of herpes viral infections.

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