

**Before having your PRP (Platelet Rich Plasma) treatment:**

Have a consultation first to see if you are a candidate. Please inform us if you have any medical conditions and/or allergies or if you bleed easily or have difficulty stopping the blood flow after you have an injury. Please let us know if you are taking any medication for blood thinning especially Coumadin, Warfarin, Ticlid, Plavix. Your PCP approval is necessary to stop them 1 week prior. Alka-Seltzer, Anacin, Ascriptin, Empirin, Excedrin, Fiorinal, Darvon, Percodan, Ibuprofen, Advil, Motrin, Naprosyn, Voltaren, Celebrex, Garlic, and Ginkgo Biloba. Aspirin, NSAIDs, St. John's Wort, high doses of Vitamin E, and heavy alcohol use should be avoided the week prior.

Let us know if you have a history of cold sores.

Be well hydrated. Limit coffee intake.

Drink plenty of water the day before.

The evening prior, add ½ teaspoon of salt to one glass of water.

Drink 3 glasses of water right before the start of the procedure.

Eat a light snack or meal prior to coming in.

If treating the scalp, arrive with clean hair.

**After having PRP (Plate Rich Plasma)**

**These skin reactions are normal and expected:**

- 1) A little redness and irritation**
- 2) Swelling**
- 3) Tightness**
- 4) A little bruising**

**VERY IMPORTANT:**

**\*\*DO NOT WASH YOUR FACE FOR 20-24 HOURS AFTER TREATMENT**

**Do not exercise for 24 hours.**

**Do not be exposed to excessive heat or steam. Take warm showers.**

**Do not be exposed to sunlight.**

**Do not exfoliate.**

**If scalp was treated, do not use hair dye for 48 hours.**

**If using Minoxidil, do not use for 24 hours.**

**Do: Use Epionce Recovery Kit (free with purchase of PRP) for 3 consecutive days after each treatment.**

**378 El Camino Real San Carlos, CA 650-551-9700**

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