



PRP REJUVENATION

PRE AND POST CARE

PRE-TREATMENT CARE

- If you develop a fever, cold I flu, or develop a cold sore, blemish, or rash, etc. in the area to be treated prior to your appointment, you must reschedule (we will not treat you).
- If you are being treated in the lip area and have a history of Herpes (cold sores) with outbreaks more than 4 times a year some practitioners recommend that you are pretreated with medication. This office recommends Valtrex 2gm the day before or the morning of the treatment and then another 2gm's.12 hours after the first dose. **Please let us know that you need a prescription if you do not have this medication on hand.**
- Discontinue use of anti-inflammatory drugs (steroidal and non-steroidal) such as:Aspirin, Motrin (or any other Ibuprofen drugs) at least 3 days to 1 week before your treatment. With PRP, we "want" inflammation this is one of the mechanisms of how PRP does its work.
- If you are or have been on Systemic use of Corticosteroids (steroids) within 2 weeks of treatment, we cannot treat you. Consult your physician for approval to discontinue use of steroids and receive treatment.
- Discontinue use of any other blood thinning agents such as:Vitamin E,Vitamin A, Gingko Biloba, Garlic, Flax Oil, Cod Liver Oil, Essential Fatty Acids (EFA's and DHA's) etc. at least 3 days to 1 week before and after treatment to minimize bruising and bleeding.
- It is recommended that you avoid: Alcohol, caffeine, Niacin supplement, spicy foods, and cigarettes 3 days before and after your treatment. (All of these may increase risk of bruising)
- This treatment involves the collection of your blood (approximately 11-22ml), then your blood is spun down using a centrifuge to separate out the plasma and platelet portion using the separator gel as a special filter. The PRP portion of your blood is then used at the point of care to re-energize your cells into rejuvenating themselves. The product is 100% your own blood by-product (autologous). If you have any questions, please do not hesitate to ask your physician or nurse.

If you have any questions before or after your appointment, you can email us at info@lakeshoreskinandbody.com or call/text us at 906-273-0512. Thank you for choosing Lakeshore Skin + Body!



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POST-TREATMENT CARE

There are minimal restrictions after your PRP injections allowing you to return to your daily activities almost immediately

- Do NOT touch, press, rub, or manipulate the treated area (s) for at least 8 hours after your treatment
- AVOID Aspirin, Motrin, Ibuprofen, Aleve (all non-steroidal a n d st er oi dal a n t i -inflammatory agents), Gingko Biloba, Garlic, Flax Oil, Cod liver Oil, Vitamin A, Vitamin E, or any other essential fatty acids at least 1 week after your treatment.
- If you experience discomfort or pain you may take Tylenol or other Acetaminophen products
- You may apply Ice if you wish to the injected area for 20-30 minutes after the procedure but we would prefer if you can refrain from this.
- Do not wash or take a shower for at least 6 hours after your treatment
- Do not use any lotions, creams, or make-up for at least 6 hours after your treatment
- AVOID vigorous exercise, sun and heat exposure for at least 3 days after your treatment
- AVOID: Alcohol, caffeine, and cigarettes for 3 days before and after your treatment Smokers do not heal well and problems recur earlier and results may take longer.
- Maintain a healthy diet and Drink at least 64 oz.'s of water the day of the treatment. (Fiji water is recommended due to its high content of Silica)
- Continue water intake the first week after. It is normal to experience: Bruising, Redness, Itching, Soreness, and Swelling that may last from 3-10 days following your procedure.

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