



826 BUSTLETON PIKE, UNIT 101 A
FEASTERVILLE, PA 19053
215-305-8206

PRP for face rejuvenation.

Pre – Procedure Instructions & Tips

Here are a few pre-procedure instructions that we find help optimize the results of the PRP.

EXERCISE Please avoid heavy exercise one day before your procedure

DIET AND FLUID INTAKE Please increase your intake of fluid the day before your procedure by simply drinking 2 glasses of water in the morning before your PRP session, 2 glasses at lunch and 2 glasses at dinner. Eat high protein balanced meals. Avoid eating sugars and sweets.

Please eat a normal breakfast or lunch the day of your PRP session

SUPPLEMENTS Discontinue blood thinning agents such as vitamin E, vitamin A, Gingko, Garlic, Flax, Cod Liver oil, niacin supplements, Essential Fatty Acids and least one week before your treatment.

Please stop multivitamins one week before as well.

SMOKING & ALCHOL Avoid alcohol, cigarettes for three days before your PRP session. The more the better as we find smoking really impacts on the healing process!

MEDICATIONS Avoid aspirin, Advil, Motrin, Ibuprofen, Naproxen, Voltaren and other anti inflammatory medications for 7 days before your procedure (if possible). We want inflammation to occur – as this is one mechanism by which PRP works! Please take Tylenol for pain.

Post – Procedure Instructions & Tips

1. A sunburn-like effect is normal for 1-3 days. The skin may feel tight, dry, swollen, and sensitive to the touch.

2. Sun exposure must be avoided for at least 24 hours after your treatment, preferably 1-2 weeks. If you know you will get incidental sun exposure, i.e., driving to and from work, walking from your car to the house, etc., we recommend physical avoidance of the sun in all treated areas, a protective hat and a full spectrum sun block of SPF 30 or higher.

3. No exercise that causes sweating, Jacuzzi, sauna, or steam baths for 24 hours due to open pores. Resuming the following day is fine

4. After Care Products and Regimen: Wash the treated area gently twice a day with a gentle cleanser. Use tepid water only. Apply a soothing, healing moisturizer as often as needed for the first 3 days.

5. Drink a plenty of water. You can eat a fresh pineapple to optimize healing.

6. Do not use exfoliating medications, chemicals, or products on the treated areas for at least 1 week.



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- 7.** Avoid aspirin, Advil, Motrin, Ibuprofen, Naproxen, Voltaren and other anti-inflammatory medications for 5 days after your procedure (if possible). We want inflammation to occur! You may safely take TYLENOL if you have discomfort
- 8.** Do not use blood thinning agents such as vitamin E, vitamin A, Gingko, Garlic, Flax, Cod Liver Oil, niacin supplements, Essential Fatty Acids and least one week after your treatment
- 9.** Sleep on your back with your head elevated slightly to reduce swelling.
- 10.** It is recommended that makeup should not be applied for 12 hours after the procedure. Use a mineral make up after 12 hours.
- 11.** For best results and efficacy, we recommend a series of 4-6 treatments administered at 4 week intervals. You may notice immediate as well as longer term improvements in your skin.
- 12.** Avoid alcohol for the next three days. Avoid smoking for three days (and more please if possible) – we find it makes a big difference to healing!

*Please call YURAMED at **(215)305-8206** with any questions or concerns.*