

PRP for Under Eye Restoration Pre and Post Treatment Instructions:

7 days before treatment:

- Discontinue blood thinning agents such as vitamin E, vitamin A, Ginko, Garlic, Flax, Cod Liver Oil, and Essential Fatty Acids, and multivitamins, a minimum of 7 days (preferably 14 days) prior to treatment. It is fine to continue iron and vitamin D.
- If you are taking any blood thinners, please let your provider know immediately, as they may represent a contraindication to this treatment. These medications include Plavix, Coumadin, and Heparin.
- Avoid aspirin, Advil, Motrin, Ibuprofen, Naproxen, Voltaren, and other anti-inflammatory medications. We want inflammation to occur – as this is one mechanism by which PRP works.
- You may use Tylenol (acetaminophen) as needed prior to the treatment.
- Prescription medications (including heart and blood pressure medication) should be taken as prescribed right up to, and including, the day of and the day after your treatments.
- If you are taking broad beta-blockers such as Inderal (Propranolol), please inform your provider as this medication may need to be changed to a select beta-blocker in advance of the treatment.
- Avoid excessive sun or heat exposure. Please wear an SPF 30+ on your face.

3 days before treatment:

- Minimize or avoid alcohol consumption.
- If possible, refrain from or minimize smoking prior to your procedure as it impacts the healing process.

Day of Procedure:

- Please eat a normal breakfast or lunch on the day of your PRP session.
- Drink a bottle of water (500 mL) at least 2 hours before your session.

Immediately After Treatment:

- It is normal to experience bruising, redness, itching, swelling and/or soreness that may last from 2-5 days following your treatment. If you experience any pain or discomfort you may take Tylenol or other Acetaminophen-containing products as directed.
- You may have a bruise at the blood draw site.
- You may notice a tingling sensation while the cells are being activated.
- Do not bathe, shower, or swim for 8 hours after treatment.
- Try to refrain from applying ice to the injected area as ice acts as an anti-inflammatory. Ice or cold compresses can be applied to reduce swelling if required.

- Continue to avoid aspirin, Advil, Motrin, Ibuprofen, Naproxen, Voltaren, and other anti-inflammatory medications for 3 days after your procedure (if possible try for 7 days).
- Avoid vigorous exercise, sun, and heat exposure for at least 2 days after your treatment.
- Avoid saunas, steam rooms, and swimming for 2 days after your treatment.
- Avoid alcohol, caffeine, and smoking for 3 days after treatment. Smokers do not heal well; problems recur earlier, and results may take longer.
- Avoid resuming Minoxidil (Formula 82M, Rogaine®), hair coloring, and straightening for 3 days.
- Continue increased water intake the first week after your treatment.
- Do not use blood thinning agents such as vitamin E, vitamin A, Ginko, Garlic, Flax, Cod Liver Oil, Essential Fatty Acids and least one week after your treatment.