

Coastal Dermatology, P.C.  
55 Willow Street  
Mystic, CT 06355

Daniella Duke, M.D.  
(860) 245-0000  
www.coastaldermatology.com

**PRP TREATMENT:**  
**Pre-Treatment and Post-Treatment Instructions**

**1. Pre-Treatment Care:**

- A. Avoid aspirin (or any medications that thin the blood like Advil, Motrin, St. Johns Wort, vitamin E...) ) for two weeks before the procedure -- to minimize bruising.
- B. Have something to eat and drink before coming in for the session; drink lots of fluids before coming to office as well so that you are well hydrated for a good blood draw.
- C. Topical Anesthetic: Purchase this from our office before your appointment. At home, wash your face roughly with a face cloth. Then, apply the numbing gel to the areas to be treated/ the full face, at least 1 hour before the treatment. Re-apply more numbing gel 30 minutes before the procedure, so bring the tube with you. If you want, you can also apply a small amount of the topical anesthetic to the inner bend of your arm where the small amount of blood will be drawn.
- D. If you suffer from cold sores in the area (s) to be treated, let Dr. Duke know as there is a risk that needle injections in that area could contribute to a cold sore recurrence.
- E. If you suffer from keloid formation, please let Dr. Duke know.
- F. If you are concerned about possible bruising, you can take Arnica pills starting one day before, and for five days following, the procedure. Drink fresh pineapple juice (or take Bromelain supplements 500 mg twice a day) for three days following the procedure. Arnica and Bromelain supplements are available at a health food store. You may purchase a topical Arnica/Bromelain anti-bruising gel in our office as well.
- G. Patients with the following cannot receive PRP injections: platelet dysfunction syndromes, low platelet or red blood cell counts, unstable blood pressure, blood, skin or other infections, chronic liver disease, lupus, porphyria, undergoing chemotherapy or currently have cancer, currently taking anti-coagulant medication, severe systemic medical issues, skin disease or skin cancer in the treatment site, current alcohol, drug, or tobacco user.

**2. Post-Treatment Care:**

- A. Immediately after a treatment, you should expect some redness, swelling, and possible bruising at the treatment sites. This is common and can last 2-3 days.
- B Sleep elevated for 2 nights to minimize any swelling. Most of the swelling is actually the fluid or plasma portion of the product being absorbed away as the platelet portion of the product creates the growth stimulating matrix. Under eyes, cheeks, and around the mouth can look puffy for 1-3 days as the fluid is absorbed and the platelets settle
- F. Avoid touching the treated area following the treatment. Touching, pressing, or massaging the area could break up the platelet matrix-limiting collagen growth and the final outcome.

G. Until the initial redness and swelling have resolved, avoid exposure to intense heat (sun or ultraviolet lamp) or extreme cold weather.

H. Avoid taking aspirin or blood thinning agents for one week following the procedure.

I. Avoid exercise and alcohol for six hours post-treatment.

J. To minimize any potential bruising from the injections, apply topical Arnica/Bromelain gel 2-3 times a day to the treatment sites. This product can be purchased in our office.

K. Call if you develop any cold sores.

L. Following your treatment, call the office if you have any questions about the healing or the effects of the treatment. If any swelling or redness lasts more than three days, please call the office.

M. You can apply make-up in 24 hours, after the injection puncture sites heal up.

3. **Follow-Up:** To obtain your best results, you should plan a series of treatment sessions spaced 1-2 months apart.