



Sleep and Wellness Medical Associates, LLC

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PLATELET-RICH PLASMA (PRP): PRE & POST CARE INSTRUCTIONS

BEFORE TREATMENT:

- **REFRAIN** from the following for at least **ONE WEEK** prior to your procedure to decrease possible bruising or swelling: Nonsteroidal anti-inflammatory drugs: (Ibuprofen, Motrin, Aleve, Naprosyn, Aspirin)—Tylenol is permitted -Certain nutritional supplements such as (Ginkgo, Garlic, Vitamin E, Vitamin A, Flax Oil, Curcumin and other anti-inflammatory nutrients) -Systemic Steroids (prednisone, dexamethasone) -Alcohol and Cigarettes
- Ensure that you are hydrated the day prior and the day after the procedure for an easier blood draw.
- Start Arnica 5 pellets, 3 times a day, (start 2 days before and continue for 2 days after the procedure), this will decrease the risk of bruising.

THE DAY OF THE PROCEDURE:

- Blood is drawn + PRP is processed.
- For areas other than the scalp topical anesthetic is applied to the area that is receiving the treatment for 20 to 30 minutes.
- PRP gets injected or spread topically depending upon the area receiving treatment, as well as the procedure (injectable vs microneedling).

AFTER TREATMENT:

- Mild inflammation, redness and swelling can be expected for a few days
- Bruising can last for up to several weeks, you are permitted to use arnica gel, or cream to help with the healing process, you can also take Arnica (5 pellets, 3 times a daily until the bruising subsides.)

Please call our office at (609) 587-9944 or email us at info@sleep-wellness.org with any questions or concerns

Or refer to our website www.sleep-wellness.org for further information