



Please carefully read and follow these instructions before and after your PRP treatment.

- If you have an active cold sore/fever blister, treatment will need to be delayed. If you have any questions regarding cold sores, please contact our office at the number listed below.
- Do NOT touch, press, rub, or manipulate the treated area (s) for 24 hours after your treatment
- AVOID: Aspirin, Motrin, Ibuprofen, Aleve (all non-steroidal and steroidal anti-inflammatory agents), Gingko Biloba, Garlic, Flax Oil, Cod liver Oil, Vitamin A, Vitamin E, or any other essential fatty acids for 2 weeks prior to and 3 weeks after your treatment. Remember, we are creating inflammation, to stimulate healing and tissue regeneration.
- If you experience discomfort or pain you may take Tylenol or other Acetaminophen products.
- Do not wash treated area or take a shower for 12 hours after your treatment.
- Use cold packs for 20 minutes every 2 hours the day of treatment. Continue 20 minutes every 3 - 4 hours the day after treatment. Then discontinue icing.
- Do not use any lotions, creams, or make-up for at least 24 hours after your treatment.
- AVOID: vigorous exercise, sun and heat exposure for 5 days post treatment.
- MINIMIZE: Alcohol, caffeine, and cigarettes for 2 days before and after treatment.
- Smokers do not heal well and problems recur earlier and results may take longer.
- Maintain a healthy diet and drink 4 - 6 large glasses of water the day of the treatment. 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.
- End results depend on many factors, including the aggressiveness of the treatment, adherence to post treatment care regimen, proper nutrition and good general health. The most important being the degree of cumulative sun and environmental damage to your skin and tissues.
- Treatments are designed to maximize the results of the treatment within safe and predictable parameters. The number of treatments needed cannot always be accurately predicted, even under the best of circumstances. Appropriate intervals between treatments are needed to allow the healing process to complete the cycle. The next treatment is then decided upon, given the results of the previous one.
- Good general health is the key to excellent and predictable outcomes by supporting your cells to work well and promote healing.
- Any successful skin rejuvenation treatment is cumulative in the overall improvement of skin health, and therefore the skin's appearance.
- Please call our office should you have any questions or concerns regarding your PRP treatment or aftercare (303-443-2277)
- I certify that I have been counseled in post treatment instructions and have been given a written copy of these Instructions.

Patient Signature: _____ Date: _____