PULSE IV WELLNESS THERAPY

PRP (Platelet-Rich Plasma): Pre- and Post-Treatment Instructions

PRP Pre-Treatment Instructions

- **DO NOT WEAR MAKEUP TO YOUR APPOINTMENT OR BE PREPARED TO REMOVE IT.** Makeup can harbor bacteria, and inadequate removal before treatment may increase the risk of infection. We make every effort to thoroughly cleanse the treatment area, but it is safest to arrive with a clean face.
- **Hydrate very well the day before and the day of your procedure.** Proper hydration can make the blood draw easier. If an adequate blood sample cannot be obtained, your PRP treatment may need to be postponed.
- **If medically appropriate, avoid the following for approximately 5–7 days before treatment:**
  - NSAIDs, including Aspirin, Ibuprofen, Advil, Motrin, Aleve, and Naprosyn. **Tylenol/Acetaminophen is generally acceptable.**
  - Supplements that may increase bruising or bleeding, including fish oil, Vitamin E, garlic, gingko, curcumin, and flax oil.
  - Systemic corticosteroids, such as prednisone or dexamethasone, unless prescribed and medically necessary.
- **Avoid alcohol for at least 24 hours prior to treatment.**
- **Avoid smoking and nicotine products when possible, particularly around the time of treatment, as nicotine may impair circulation and healing.**
- **Do not stop any prescribed medication, including blood thinners or antiplatelet medications, without first speaking with the prescribing healthcare provider.** If you take medications such as warfarin, apixaban (Eliquis), rivaroxaban (Xarelto), aspirin, clopidogrel (Plavix), or other anticoagulant/antiplatelet medications, please notify your provider before treatment.
- **Notify Pulse of any changes to your health history, medications, allergies, or if you are pregnant, breastfeeding, or trying to become pregnant since your last appointment.**
- **Notify your provider if you have a history of Accutane (isotretinoin) use or have taken it recently.**

PRP Post-Treatment Instructions

- **Mild redness, swelling, tenderness, and bruising are normal** following PRP treatment. These effects typically improve over several days but may persist longer depending on the treatment area and individual healing response.
- **Do not massage, rub, press on, or otherwise manipulate the treated area** unless specifically instructed by your provider.
- **Avoid makeup and skincare products on the treated areas for approximately 6–8 hours** following treatment, or as directed by your provider. When resuming skincare, use gentle, non-irritating products.
- **Avoid strenuous exercise for 24–48 hours** following treatment.
- **Avoid facials, chemical peels, microneedling, laser treatments, injectables, or other cosmetic procedures involving the treated area** until cleared by your provider. Your provider will advise you on the

appropriate interval based on your specific treatment.

- **If medically appropriate, avoid NSAIDs** such as Ibuprofen, Motrin, Aleve, Naprosyn, and Aspirin for approximately 5–7 days following treatment. These medications may affect platelet function. **Do not discontinue prescribed aspirin or other blood-thinning medications without first consulting your healthcare provider.**
- **Avoid excessive alcohol consumption for 24–48 hours following treatment.**
- **Stay well hydrated and maintain a healthy, nutrient-dense diet** to support your body's natural healing process.
- **Sleep with your head slightly elevated the first night** if you experience facial swelling.
- **Do not apply ice directly to the treated area unless specifically instructed by your provider.** If needed, your provider may recommend a specific approach to managing swelling or discomfort.
- **Topical arnica may be used for bruising if recommended by your provider.** Avoid applying products directly to open or irritated skin.

Please contact the office immediately at (203) 518-6796 if you experience:

- Severe or worsening pain at the treatment site
- Significant or rapidly increasing swelling
- Increasing redness, warmth, or drainage, particularly after the first 48 hours
- Fever or other signs of infection
- Skin discoloration, blanching, or unusual changes in skin color
- Any other concerning or unexpected symptoms