



## **PRP PRE- PROCEDURE INSTRUCTIONS & TIPS**

We are looking forward to seeing you soon to start your PRP sessions at our Medi-Spa. Please plan to be here about 60 - 90 minutes before your procedure.

Below are a pre-procedure instructions to help optimize the result of the PRP.

### **Diet and Fluid intake:**

- Increase your intake of fluids the day before your PRP session by drinking 2 glasses of water in the morning, 2 glasses at lunch and 2 glasses at dinner.
- On the actual day of your procedure have a bottle of water (500ml) before your session.
- Eat a normal breakfast or lunch the day of your treatment.

### **Hair:**

- Feel free to wash your hair the morning of or day before.
- It is fine to colour your hair at least 3 days before your treatment.

### **Supplements:**

- Discontinue any blood thinning agents such as Vit. E, Vit. A, Ginko, Garlic, Flax, Cod Liver Oil, Essential Fatty Acids at least one week before your treatment.
- Stop multivitamins one week before your procedure.
- Continue with Iron and Vit. D.

### **Alcohol / Smoking:**

- Avoid alcohol for three days before your PRP session.
- If possible, stop smoking or limit smoking for three days prior to your procedure. The longer the better as we find it really impacts on the healing process!

### **Medications:**

- Avoid Aspirin, Advil, Motrin, Ibuprofen, Naproxen, Voltaren and any other anti-inflammatory medications for 3 days before your procedure - if possible please avoid for 7 days. We want inflammation to occur, as this is one mechanism by which PRP works!
- You may take Tylenol for any pain, discomfort or joint aches you may have.