# Platelet Rich Plasma : Pre & Post Care Information

PRP is a low risk, natural procedure that results in skin rejuvenation and promotes hair growth

It is sourced from your own blood. The main issues after PRP and bruising and swelling.

**Pre-Treatment:**

* **Maintain good hydration**- it is easier to draw blood if you are well hydrated.
  + drink **one litre** of water the **day before**, AND in the **2 hours before your appointment**.
  + If you have a history of difficult venepuncture, PRP may not be a suitable treatment for you. We will review your veins at your consultation and discuss options.
* **Reduce bruising risk** by avoid blood-thinning medications and supplements for 2 weeks before your appointment:
  + blood thinners such as aspirin, ibuprofen. If you take anti coagulants for a cardiovascular indication, (e.g. Plavix/clopidogrel).you are not suitable for PRP.
  + herbal supplements such as garlic, vitamin E, ginko biloba, St. John's Wort and fish oil.
  + some patients use Arnica to reduce bruising. If you chose to do this start 2 days before your injections and continue for one week.
* **Do not drink excessive alcohol for the week before your** treatment as it will increase bruising risk and impair your platelet function.
* If you have frequent cold sores, we may prescribe you an antiviral medication.

# Post-Treatment:

* Expect PRP injections to cause redness, bruising, tenderness and swelling for a few days post procedure. Factor this into your social plans.
* It is common to get swelling around the eyes- sleep with your head elevated to reduce this.
* If you choose to have microneedling, leave the PPP on the skin/hair for 4-6 hours after treatment. Then wash off with a bland cleanser.
* If you have had a treatment in the scalp for hair concerns, avoid washing the hair until the next day. Use a gentle shampoo e.g. baby shampoo.
* Avoid strenuous exercise and over heating for 1- 2 days after the infection- give the body time to settle inflammation.
* Bruising may last up to 2 weeks (esp. under the eye). You can use makeup to camouflage this.
* Do not use active skin care for a week after treatment- a bland cleanser, moisturiser and SPF should be sufficient.
* If you are worried, please contact us for advice via email [info@thriveskinclinic.com.au](mailto:info@thriveskinclinic.com.au) or 0404123781.

**Treatment Plan**

Preventative PRP is 1- 2 x a year. If you are having PRP to treat a skin or hair concern, we advise a series of 3 initial treatments every 4 weeks, and a maintenance treatment every 6- 12 months

**Results**

PRP is a naturally regenerative process and it takes time to see results.

While you may start to see changes in skin texture and hydration in the first 2 month, it may take 6 months to see results. Hair regeneration will take up to 12 months to become obvious as increased hair density and thickness and new hair growth.

The results of PRP are long lasting and we recommend a repeat treatment every 6- 12 months. Many patients continue to come for years for their maintenance given the natural and additive effects of treatment.