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AESTHETIC & RECONSTRUCTIVE SURGERY

PREPARING FOR YOUR PRP TREATMENT

Microneedling and PRP Injections, Vampire Facial (Microneedling and PRP topical only), PRP Injection only

- Avoid strenuous exercise the day of injections.
- Schedule injections so that they are not on the 3 days leading up to or on your menstrual cycle. These days you are more sensitive; prone to bleed and bruise more and increased swelling.
- Begin taking **Arnica Montana** pellets 7 days prior to your injections (*5 pellets beneath tongue 3 times daily*). **Fresh pineapple** is also beneficial in helping to prevent bruising. One cup of FRESH pineapple should be eaten once daily and started 7 days before treatment.
- If you have a history of Herpes and have previously suffered from facial cold sores, there is a risk that the needle punctures could contribute to a recurrence. Speak to your physician about medications that may minimize a recurrence.
- If you have a special event or vacation coming up schedule your treatment at least 2 weeks in advance.
- NO Aspirin, Fish Oil, Vitamin E, Ibuprofen or any other NSAIDs non-steroidal anti-inflammatory medications (i.e. Celebrex, Voltaren, Advil, Motrin, Mobic, Aleve, Vioxx or Relafen), St. John's Wort, Omega-3 and CoQ10 for at least **1 week before treatment**. These will increase your risk of bruising. **If you are taking blood thinners, please let your doctor/nurse know.**
- AVOID: Alcohol and caffeine 24 hours prior to treatment.

Post Treatment Instructions:

- Continue taking the Arnica tablets for 5 more days or as long as needed for bruising and/or swelling.
- After your treatment, you might have some redness and swelling. This will normally last 24-48 hours. Please note that such effects can occur and are not out of the ordinary for such a treatment.
- Cold compresses may be used immediately after treatment to reduce swelling. If other reactions or side effects occur, please contact our office.
- Avoid touching the treated area within six hours following treatment. After that, the area can be gently washed. Avoid significant movement or massage to the area for 48 hours unless directed by your doctor/nurse.
- Avoid exercise and alcohol for six hours after treatment.
- Avoid direct sunlight for 5 days.
- Minimal SPF 30 starting day 1 for facial injection and/or in conjunction with microneedling.