**Point Performance Medicine**

**PRP Instructions**

**PRP Pre-Treatment Instructions**

***A few simple guidelines before your treatment can make a difference.***

* **Discontinue the use of anti-inflammatory drugs (steroidal and non-steroidal) such as prednisone, aspirin, Motrin, and Aleve at least 2 weeks before your treatment. Consult your physician if you have any questions regarding your medications.**
* **It is recommended that you restrict or avoid alcohol, and cigarettes 3 days before and after your treatment. *(All* of *these may increase risk of bruising)***

**PRP Post-Treatment Instructions**

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

* **After your PRP (platelet rich plasma) procedure, you may experience 3-6 hours of numbness in the area of your injection due to the local anesthetic used during the procedure. This is normal. When the numbness wears off, it is common to experience some pain in the area of your injection. You may take 1 or 2 acetaminophen 500 mg tablets up to 4 times per day if needed. A prescription for pain medication may also have been provided by your physician.**
* **Do NOT touch, press, rub, or manipulate the treated area (s) for at least 8 hours after your treatment.**
* **AVOID aspirin, Motrin, Ibuprofen, and Aleve (all non-steroidal and steroidal anti -inflammatory agents) for one month after the procedure unless otherwise directed by your physician. Ice should be avoided for 1-2 weeks. Remember, we are creating inflammation.**
* **Do not use any lotions, creams, or make-up for at least 6 hours after your treatment.**
* **AVOID alcohol and cigarettes for 3 days after your treatment.**
* **Maintain a healthy diet and drink at least 40-64 oz.’s 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 3-7 days following your procedure.**

**Please call our office should you have any questions or concerns regarding your PRP treatment or aftercare.**

**PRP requires time and rest in order to work. Your provider will discuss your specific restrictions at the time of your procedure.**

6400 Goldsboro Rd Ste 340

Bethesda, MD 20817-5824

P: 301-493-8884

F: 301-493-0200