



## PRP VA-SHOT Pre-Procedure Instructions & Tips

The following are our pre procedure instructions for patients undergoing platelet rich plasma treatments at the Aesthetic Center of Santa Clarita.

**We are looking forward to seeing you soon for your PRP session at the Aesthetic Center. Please plan to be here about an hour to 90 minutes. Here are a few pre-procedure instructions that we find help optimize the results of the PRP.**

### **DIET AND FLUID INTAKE**

- Please increase your intake of fluid the day before your procedure by simply drinking 2 glasses of water in the morning before your PRP session, 2 glasses at lunch and 2 glasses at dinner. (Please don't drink water too late in the even or you'll be up using the washroom at night)
- On the actual day of your procedure simply have a bottle of water (500mL) before your session.
- Please eat a normal breakfast or lunch the day pf your PRP session.

### **SUPPLEMENTS**

- Discontinue blood thinning agents such as vitamin E, vitamin A, Ginko, Garlic, Flax, Cod Liver Oil, and Essential Fatty Acids at lease one week before your treatment.
- Please stop taking multivitamins one week before your procedure as well.
- It is fine to continue iron and vitamin D.

### **ALCOHOL & SMOKING**

- Avoid alcohol for 3 days before your PRP session.
- If possible, stop smoking or limit smoking for three days prior to your procedure. The more the better as we find it really impacts on the healing process.

### **MEDICATIONS**

- Avoid aspirin, Advil, Motrin, Ibuprofen, Naproxen, Voltaren, and other anti inflammatory medications for 3 days before your procedure (if possible avoid for 7 days). We want inflammation to occur-as this is one of the mechanisms by which PRP works! You may take Tylenol for any pains or discomfort you may have.