

Pre – Procedure Instructions & Tips

We are looking forward to seeing you soon for your PRP session at Donovan Medical. Please plan to be here about 90 minutes (although many are here for 60-90 minutes)

Here are a few pre-procedure instructions that we find help optimize the results of the PRP.

EXERCISE

- Please avoid heavy exercise one day before your procedure

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 eat a normal breakfast or lunch the day of your PRP session.

SHAMPOOING

- Feel free to wash your hair the morning of the PRP session (or at least the day before)

HAIR COLORING

- It is fine to color your hair up to 3 days before the procedure

SUPPLEMENTS

- Discontinue blood thinning agents such as vitamin E, vitamin A, Ginko, Garlic, Flax, Cod Liver oil , niacin supplements, Essential Fatty Acids and least one week before your treatment.
- Please stop multivitamins one week before as well.

Smoking and ALCHOL

- Avoid alcohol, cigarettes for three days before your PRP session. The more the better as we find smoking really impacts on the healing process!

MEDICATIONS

- Avoid aspirin, Advil, Motrin, Iburprofen, Naproxen, Voltaren and other anti inflammatory medications for 7 days before your procedure (if possible). We want inflammation to occur – as this is one mechanism by which PRP works! Please take Tylenol for pain.

Post – Procedure Instructions & Tips

Congratulations on completing your PRP Procedure. You might want to relax today and not do too many strenuous activities, but it's not necessary to make many changes in your plans if you feel well. It is quite normal to experience some bruising, redness, itchiness and soreness and swelling, Not all individuals experience this, but it can occur. Let us know if you have concerns and need our help.

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EXERCISE

- Please avoid heavy exercise today. Resuming tomorrow is fine

SHAMPOOING

- Please shampoo your hair tomorrow morning with any shampoo you wish

HAIR COLORING

- It is fine to color your hair three days after the procedure

STYLING PRODUCTS

- Please do not use any styling products (gel, mouse spray) for 24 hours.

HATS

- Wearing a hat today is fine. In fact, please limit sun on the area for 2 days.

SUPPLEMENTS

- Do not use blood thinning agents such as vitamin E, vitamin A, Ginko, Garlic, Flax, Cod Liver Oil, niacin supplements, Essential Fatty Acids and least one week after your treatment

ALCOHOL AND SMOKING

- Avoid alcohol for the next three days. Avoid smoking for three days (and more please if possible) – we find it makes a big difference to healing!

MEDICATIONS

- Avoid aspirin, Advil, Motrin, Iburprofen, Naproxen, Voltaren and other anti inflammatory medications for 5 days after your procedure (if possible). We want inflammation to occur ! You may safely take TYLENOL if you have discomfort or pain.