

PLATELET-RICH PLASMA (PRP)

Pre-Treatment Guidelines

- **Hydration:** Drink plenty of water (at least 2 liters) 24–48 hours before your appointment to ensure optimal plasma quality.
 - **Avoid Blood-Thinners:** Stop taking aspirin, ibuprofen, or other blood-thinning medications/supplements (unless prescribed by your doctor) for 5–7 days before treatment.
 - **Limit Alcohol and Caffeine:** Avoid alcohol and caffeine for 24 hours prior to the procedure to promote better platelet function.
 - **Consultation:** Inform your provider of any medical conditions, allergies, or current medications.
 - **Skin Preparation:** Avoid skincare products with active ingredients like retinol or acids in the treatment area for 2–3 days before the procedure.
 - **Avoid Smoking:** Smoking can impair healing and reduce the effectiveness of PRP. Minimize or eliminate smoking for 48 hours prior.
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