



### **Post-Operative Instructions for PRP Treatments**

1. Do not wash treatment area for 24 hours. After 24 hours, you may use hair products and continue with your topical medications.
2. You may experience some pain and soreness for 2-3 days after your treatment. If this occurs, we recommend that you take Tylenol. If you are having excessive pain please contact our office immediately.
3. You can resume normal activities after this procedure.

If bruising is a concern, Arnica is a supplement that minimizes bruising. The supplement can be taken once daily for 1 week prior to prevent bruising. This can also be taken starting on the same day as the procedure to minimize bruising and quicken the healing process if bruises do appear. If starting on the same day as the procedure please follow instructions on the package. For your convenience this supplement can be purchased in our office.

We recommend following up with our office 2 weeks after this procedure.

If you have any questions or concerns, we are here for you, please call: (239)561-3376.