



## Pre-Operative Instructions for PRP Treatments

### PLEASE READ CAREFULLY

1. This treatment does require us to draw some blood. Therefore it is extremely important that **you eat a meal prior to having this procedure done**. It will prevent you from possibly getting lightheaded during the procedure.
2. Wash your hair the day of treatment. Please do not wear any hairspray or gel.
3. Please bring a clean hat to the appointment with you that you can wear after the procedure is done.
4. The entire procedure takes 30 minutes. Most people can resume normal activities after this treatment.

In order to speed your healing time, please consider these recommendations:  
Avoid medications that prolong bleeding times unless they are being used for their blood thinning properties. If you can use Tylenol for a headache instead of aspirin, please do so. If your medical doctor has advised an aspirin a day for its ability to prevent clots because you have a risk of coronary disease or stroke, please continue to take it. Medications commonly used for blood thinning properties include Aspirin, Coumadin (warfarin), Ticlid (ticlopidine), Plavix (clopidogrel), and Persantine (dipyridamole).

Other medications that thin the blood that you may know about include:

- o Ibuprofen; Motrin, Advil, Nuprin
- o Naproxen; Naprosyn, Aleve
- o Aspirin; Ecotrin, Ascriptin, Fiorinal, Cafergot,

If you have valve disease and generally require antibiotics before surgery, please let us know. If you have a standing prescription, as most people do, we will advise you on whether you need to prophylax for the procedure planned.