

PRP/PRF
TREATMENT
pre-care

MERAKI SKIN CLINIC



HOW TO PREPARE FOR YOUR TREATMENT

7 days Before your Treatment

- Avoid aspirin, Advil, Motrin, Ibuprofen and other anti-inflammatory medications. We want inflammation to occur – as this is one mechanism by which PRP works.
- Discontinue vitamins such as vitamin E, vitamin A, Ginko, Garlic, Flax, omega 3, and multivitamins for 7 days. It is fine to continue iron and vitamin D.
- If you are taking any blood thinners, please let your provider know immediately, as they may represent a contraindication to this treatment. These medications include Plavix, Coumadin and Heparin.
- Prescription medications (including heart and blood pressure medication) should be taken as prescribed right up to, and including, the day of and the day after your treatments.

3 days Before your Treatment

- Avoid alcohol consumption.
- If possible, refrain from or minimize smoking prior to your procedure as it impacts the healing process.
- Increase your intake of fluid the day before your procedure by simply drinking 2 glasses of water in the morning, 2 glasses at lunch, and 2 glasses at dinner, in addition to your normal intake of water.

Day of your Treatment

- Please eat a normal breakfast or lunch on the day of your PRP session.
- Drink a bottle of water (500 mL) at least 2 hours before your session.

Additional information for PRP HAIR CLIENTS

- You may continue other hair loss treatments such as rosehip oil or Minoxidil (Rogaine®) before your procedure. If you are not sure if you should be stopping a medication, please ask.
- It is ok to colour your hair up to 7 days before the procedure.
- Shower the morning of your treatment and wash your hair very thoroughly using your regular shampoo.
- Do not apply sprays, gels, or any other styling products to your hair.