



# Pre Care Instructions

## For PRP

Follow this guideline BEFORE your treatment

- Avoid smoking and drinking alcohol and caffeine before your treatment (the day of).
- If the treatment area includes hair and/or body, remember to bathe either the night before or (ideally) the morning of your treatment.
- Stop blood thinning medications such as Advil, Ibuprofen, Aspirin etc.. at least two days before.
- Ensure you have a full meal before your treatment.
- Drink at least sixteen ounces of water before treatment is performed.

For any further questions or clarifications, you may reach us via the following:

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