

Platelet Rich Plasma (PRP) - Decreasing Your Risk of Bruising After Cosmetic or Surgical Procedures

Many cosmetic procedures or surgeries can cause bruising and associated swelling. Some of this is unavoidable, however, there are a few things you can do to reduce and minimize the problem.

Pre-Procedure:

- Make sure you are eating healthy; fruits (especially fresh pineapple and blueberries), vegetables and protein.
 - Stay hydrated. Drink a full glass of water 1-2 hours before your procedure and again after your procedure.
 - Do not take aspirin or ibuprofen for **10 days** prior to your procedure. You may use Tylenol products as they will not increase bruising. Check with your doctor if you are using aspirin for heart problems.
 - Do not take the following supplements **10-14 days** before your procedure:
 - Fish Oil or Flax Seed Oil
 - Melatonin
 - Red Clover
 - St. John's Wort
 - Garlic
 - Gingko Biloba
 - Ginseng
 - Vitamin E
 - Do not drink alcohol **72 hours** prior to your procedure.
 - Several naturopathic supplements can reduce your risk for bruising and resolve swelling more efficiently including:
 - Arnica **
 - Vitamin K ** (a 5% Vitamin K cream applied to the skin will decrease bruising and help to heal more quickly).
- ** These products can be purchased at The Parker Skin & Aesthetic Clinic.

After Procedure:

- Avoid use of NSAIDs, including Advil, Aleve, Ibuprofen, Naproxen, Voltaren, Aspirin for 3-4 weeks post injection as it will interfere with the beneficial effects of the PRP treatment.
- Reduce physical activity and exercise. Avoid strenuous lifting or high level exercises at least for several days after the PRP treatment.
- Light exercises and normal daily activities are permitted.
- Ice immediately and then as needed.
- Keep your head elevated while sleeping.
- Continue the Arnica supplement until bruising and swelling is resolved.
- **IF** you do bruise, start Bromelain Supplement (pineapple enzyme) up to 500mg twice a day immediately following procedure.
- Call us immediately at (216) 464-7333 and ask to speak with a member of our clinical staff if you have any concerns from your treatment.

****DO NOT** take Bromelain supplement before treatments as it may increase your risk of bruising