PRP & PRF *Pre-Care*

For skin, under-eye and hair treatments

PRP and PRF use your own blood, so healthy, well-hydrated platelets make a difference.

Your *countdown*

When	What to do
2 weeks before	Tell us if you have taken oral steroids, such as prednisone. They can affect your results.
7 days before	If it is okay for you, pause ibuprofen, aspirin, naproxen, fish oil and vitamin E. These can weaken platelets. Tylenol is fine.
1 to 3 days before	Drink plenty of water and skip alcohol and smoking.
Day of treatment	Eat a full meal and drink water so your blood draw goes smoothly.

On the *day*

- **Face:** arrive with clean skin. Numbing cream may be applied first, so please plan extra time.
- **Hair:** wash your hair the morning of your visit and skip styling products.

Please call us *first*

Call DermaGlow at 703-288-3000 before your visit if any of these apply. We may adjust your plan or find a better date:

- You are pregnant, trying to become pregnant or breastfeeding
- You have a cold sore, rash, breakout, cut or infection in the treatment area
- You feel sick, have a fever or have started a new medication or antibiotic
- You take a blood thinner or have a bleeding or platelet disorder
- You have had cancer or are on chemotherapy

Never stop a prescribed medication, including daily aspirin or blood thinners, without approval from the doctor who prescribed it.

Your provider will review your health history before treatment and may share instructions specific to you. If so, please follow those along with this guide. Questions? Call DermaGlow at 703-288-3000.