

YOUR APPOINTMENT WITH REGEN IS COMING UP, PLEASE FOLLOW THESE GUIDELINES FOR AT LEAST 3-5 DAYS PRIOR TO YOUR PRP PROCEDURE TO ENSURE HIGH QUALITY PLATELETS:

Medications & Supplements

- Stop taking blood-thinning medications such as:
 - Aspirin
 - Ibuprofen (Advil, Motrin)
 - Naproxen (Aleve)
- You may take Tylenol as needed.
- Because steroids can stop your body's ability to heal and can make the treatment less effective, AVOID corticosteroids (Prednisone, Medrol Dosepak, Cortisone) for three weeks prior to treatment.
- Avoid supplements like fish oil, Vitamin E, garlic, ginkgo biloba, and turmeric.
- If you are on prescription blood thinners or steroids, consult your physician before stopping them.

Lifestyle

- Avoid alcohol and smoking. All patients must be non-smokers or have committed to quitting smoking for at least **1 month** prior to receiving PRP services with the intent to continue non smoking habits.
- Stay well hydrated—drink plenty of water.
- Eat a light meal before your appointment to help prevent lightheadedness.
- Avoid excessive sun exposure or tanning beds.
- Stop Retin-A, retinols, or exfoliating products 3–5 days before your appointment.

Other Notes

- Inform your provider if you have a history of cold sores (herpes simplex); you may need antiviral medication.
- Let your provider know if you are currently ill, have a skin infection, or received a recent vaccine.

Please call our office (469-928-8227) with any questions you may have. Follow pre & post-procedure instructions very carefully to maximize your results.
