

Pre- and Post-Care Instructions for PRP (Platelet-Rich Plasma) Treatment

Pre-Treatment Care

Comprehensive Medical Evaluation

Before undergoing PRP treatment, a full clinical evaluation is essential. Any potential contraindications must be identified, such as bleeding disorders, local infections, or autoimmune diseases.

Discontinuation of Anticoagulant Medications

It is NECESSARY to stop taking medications that may increase the risk of bleeding (such as aspirin, ibuprofen, non-steroidal anti-inflammatory drugs, warfarin) at least 7 days prior to the procedure. This should always be supervised by Dr. Hernández.

Hydration

Staying well-hydrated the day before and the day of the procedure can facilitate the collection of a good-quality blood sample and improve plasma quality. You may drink only water or tea without sugar on the day of the application.

Fasting

A fasting period of 6 to 8 hours before the blood extraction is required.

Avoid Alcohol and Tobacco

Avoid alcohol and tobacco use for at least 48 hours before the procedure, as these can interfere with the body's ability to regenerate tissue.

Inform About Allergies or Reactions

It is important to inform the medical team of any allergic reactions to anesthetics or blood components.

The Procedure: What to Expect During PRP Application

Blood Extraction

A small amount of blood is drawn from the patient (usually between 30 and 60 ml, depending on the area to be treated).

Centrifugation

The blood is processed in a centrifuge to separate platelets from other blood cells (red and white blood cells). This produces the platelet-rich plasma that will be injected.

PRP Application

Under sterile conditions, the PRP is injected into the injured or affected area, stimulating cellular regeneration and tissue repair.

Post-Treatment Care

Relative Rest

While PRP does not require extensive recovery, avoid intense physical effort for the first 24 to 48 hours. Refrain from strenuous exercise or activities that may cause trauma to the treated area.

Avoid Heat Exposure

Avoid exposing the treated area to excessive heat (hot baths, saunas, direct sunlight) for the first 3 to 5 days, as this may increase inflammation or interfere with healing.

Managing Pain and Inflammation

Mild pain, swelling, or redness in the treated area is normal and temporary. Cold compresses can help reduce inflammation. Do not take non-prescribed anti-inflammatory drugs (e.g., ibuprofen, ketorolac, diclofenac, paracetamol), as they can interfere with the platelet action unless instructed by Dr. Hernández.

Avoid Massaging or Manipulating the Area

Do not massage or excessively manipulate the treated area to prevent PRP from dispersing and to support the healing process.

Hydration and Proper Nutrition

Staying well-hydrated and following a balanced diet rich in essential nutrients-such as proteins, vitamins (especially C and D), and minerals-can help optimize the results.

Care for Injection Sites

If multiple injections were given, small marks or bruises may appear. Do not rub or touch the area unnecessarily. Clean the skin gently with water and mild soap.

Avoid Cosmetics and Creams

Do not apply any creams, lotions, or cosmetic products to the treated area for at least 48 hours following the procedure.

Possible Side Effects and Complications

Pain and Swelling

Mild to moderate pain, swelling, or bruising in the treated area is common and usually resolves in a few days.

Infection

Although PRP is applied under sterile conditions, there is a minimal risk of infection. It is crucial to keep the area clean and follow the doctor's instructions.