



La Jolla Cosmetic
Medical Spa
est. 2013

D Shot Post Care

PREPARING FOR YOUR TREATMENT

ONE WEEK PRIOR

- AVOID the use of NSAIDS (ibuprofen, Motrin, Aleve, Naproxen, Aspirin, etc.) 5 days before procedure (Tylenol is OK for pain relief right up to and including the day of procedure – do not exceed 4000mg in a 24-hour period).
- AVOID the following nutritional supplements for 5 days before procedure - Gingko Biloba, Garlic, Vitamin E, Vitamin A, Flax Oil, Curcumin and other anti-inflammatory nutrients.
- AVOID the systemic use of corticosteroids for 1 week before the procedure.
- AVOID alcohol and cigarettes for 5 days before the procedure.

ONE DAY PRIOR

- HYDRATE very well the day before and the day of the procedure for ease of blood draw.
- SHAVE the treatment area within 24 hours of procedure.
- START the prescribed Valtrex if history of herpes one day prior.

WHAT TO EXPECT DAY OF TREATMENT

- Blood is drawn and PRP is processed.
- Topical numbing cream is applied to injection site(s). Additional lidocaine may be injected after topical numbing is attained.
- PRP is processed, activated and injected into 3-4 areas.
- Schedule a second treatment at 4-6 weeks, if desired.

AFTER TREATMENT

- Mild bruising, bleeding and irritation may occur.
- Mild discomfort and/or cramping is normal.
- No activity restrictions.
- AVOID the use of NSAIDS (ibuprofen, Motrin, Aleve, Naproxen, Aspirin, etc.) 5 days after procedure (Tylenol is OK for pain relief – do not exceed 4000mg in a 24-hour period).
- AVOID the following nutritional supplements for 5 days after the procedure - Gingko Biloba, Garlic, Vitamin E, Vitamin A, Flax Oil, Curcumin and other anti-inflammatory nutrients.
- AVOID the Systemic use of corticosteroids for 2 weeks after the procedure.
- AVOID Alcohol and Cigarettes for 5 days after the procedure.
- EAT a healthy diet and HYDRATE very well.