

PRP Procedure

Pre-Treatment Instructions

1. Avoid the following for at least 1 week prior to your procedure:
 - a. NSAIDS because they destroy the PRP functioning (Ibuprofen, Motrin, Aleve, SaproSyn, Aspirin) Tylenol is allowed. Avoid systemic steroids (prednisone, dexamethasone)
 - b. Certain nutritional supplements (Gingko, Garlic, Vitamin E, Vitamin A, Fish Oil, Curcumin and other anti-inflammatory nutrients)
 - c. Alcohol and Cigarettes (Smoking decreases platelet function and slows down / inhibits healing.
2. Hydrate well the day before and the day of the procedure for ease of blood draw.
3. You may start Arnica, 5 pellets, 3x per day starting 2 days before, and continuing the day of and for 2 days after the procedure to decrease the risk of bruising.
4. Ensure you have not been on Accutane in the past 6 months.
5. No active cancer, significant anemia, blood infection or sepsis.
6. For best results, Environ Vitamin Skincare with vitamin A should be started @ least 1 week prior.

The Day of the Procedure

1. Blood is drawn and PRP is processed. Please be sure to be well HYDRATED!
2. Topical anesthetic is applied to the treatment area for 15-20 minutes. Please note if allergic to Betacaine, Lidocaine or Tetracaine. Please shower and clean skin for best efficacy.

For the Vampire Facial®: Come with clean skin. MicroPen® Microneedling is used to stimulate the skin tissue. PRP is then placed on the surface and can penetrate easily into the areas already treated.

For the Vampire Facelift®: Fillers are injected into the areas of concern, then is followed by injecting your own PRP for stem cell recruitment, collagen production and to increase longevity of fillers.

For the Vampire Breast Lift®: Fillers are injected when a defect is being augmented (indentations, inverted nipple, asymmetry.) PRP is then injected in the medial and superior aspects of the breasts as well as behind the areola to facilitate rejuvenation, regeneration of tissue and to improve sensation.

For the O-Shot®: Lidocaine is used after numbing cream has had time to work. PRP is strategically injected into the area.

For the P-Shot®: A nerve block is obtained using lidocaine. PRP is strategically injected into the area painlessly.

For the Scalp: Theradome Laser Cap® should be worn for 20 minutes. PRP is processed then injected into the treatment area. The remaining PRP is rubbed onto the scalp.