



PLATELET RICH PLASMA (PRP)

SKIN REJUVENATION

RECOMMENDATIONS BEFORE YOUR TREATMENT

We look forward to seeing you for your treatment! Until then, follow these recommendations to optimize your results.

- Please **increase your fluid** intake the day before your treatment by simply drinking two glasses of water in the morning, two glasses of water at lunch and two glasses of water at dinner. On the day of your treatment, before your session, drink a bottle of water (500 ml).
- **Avoid taking anti-inflammatory drugs** (Aspirin®, Advil®, Motrin®, ibuprofen, Naproxen®, Voltaren®) in the previous 3 days of your treatment (if possible, for 7 days). The inflammation must take place to potentiate your results!
- For more comfort during treatments, you could take 2 tablets of **acetaminophen** (Tylenol®) 500 mg one hour before your appointment.
- Avoid taking natural products and supplements with an anticoagulant effect, such as multivitamins, vitamin A, vitamin E, ginkgo, garlic, flax and cod liver oil **the week before your treatment**.
- If possible, avoid or limit the consumption of alcohol, caffeine and cigarettes three days before your treatment.

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If you have any additional questions, please do not hesitate to contact us at (514) 466-8822 or via info@clinicare.ca