



Arthur Schlyer, M.D.
727-847-1825

Platelet Rich Plasma (PRP) Therapy Pre-Care Instructions

All Procedures

- ❖ To decrease the chance of bruising at the draw site or injection sites, please avoid all blood thinning medications for 2 days prior to your appointment. Avoid taking any anti-inflammatory medications (NSAIDS) such as Aspirin, Ibuprofen, Naproxen, Motrin or Aleve. Avoid fish oils and Vitamin E for 1 week prior to procedure. Please notify your provider if you are taking Coumadin, Plavix, or any other blood thinners for a medical condition.
- ❖ For optimal results, we recommend that you do not smoke or use tobacco or alcohol for at least 2 days prior to the procedure.
- ❖ You may also start taking Arnica pills 2 days prior to your procedure, if desired. Arnica is an herb thought to help reduce any bruising. Arnica can be purchased at homeopathic/vitamin stores. Please follow any manufacturer's instructions on the bottle and discontinue if any rash or discomfort develops.
- ❖ If you are sensitive to blood draws (pain) and prefer to be numbed, you can advise Dr. Schlyer's office that you would like to arrive approximately 30 minutes early to have numbing cream applied to your draw site. We will apply numbing cream to the insides of both arms prior to your appointment time to maximize your comfort.
- ❖ Our goal is to make any procedures you have done by Dr. Schlyer to be as comfortable as possible.

Vampire Facelift®

All makeup must be removed prior to the procedure. You may do this before your appointment, or we also have face wash available at our office in a private bathroom for your convenience. You may reapply your make-up after the procedure.

Vampire Breastlift®

Please make sure skin is free of any lotions, oils or makeup. We do have cleansing wipes available for your convenience.

O-Shot®

For best visualization, we recommend that the area be shaved or trimmed. Numbing cream for this procedure will be applied to the upper vaginal roof and the clitoris with the hood pulled back.

Priapus Shot®

The penis will be cleansed with an alcohol pad prior to the procedure. You will have to completely remove pants and underwear for application of numbing cream and complete visualization of injection sites.