



Platelet-Rich Plasma (PRP) Penile Rejuvenation Pre and Post-Procedure Instructions

PLATELET-RICH PLASMA (PRP) PENILE REJUVENATION PRE-PROCEDURE

- Drink plenty of water 2 hours before your blood is drawn. The goal is to drink 1/2 your body weight in ounces of water each day
- Eat a no fat diet 12 hours before your blood is drawn. Avoid any food for 4 hours before procedure.

Two Weeks Before the PRP Penile Rejuvenation Shot

- Refrain from use of excessive or unnecessary blood thinners.

One Week Before the PRP Penile Rejuvenation Shot

- Use of any Nonsteroidal anti-inflammatory drugs (NSAIDs) including over-the-counter medications like Ibuprofen (Motrin, Aleve) and Aspirin, as well as prescription medications like Naproxen is not recommended, as these medications may interfere with platelet function.
- Use Acetaminophen (Tylenol) for pain relief, when necessary.

Three Days Before the PRP Penile Rejuvenation Shot

- If you have a history of genital herpes, notify the physician, who will prescribe a course of antiviral prophylactic treatment.
- Take a course of Arnica Homeopathic tablets until a day after treatment to decrease the occurrence of bruising.
- You will need to cancel your appointment if you have an active outbreak of Human Papillomavirus (HPV) or genital herpes.

PLATELET-RICH PLASMA (PRP) PENILE REJUVENATION POST-PROCEDURE

- Use a penis pump twice a day for 10 minutes for two weeks to help increase blood circulation.
- Showering and cleansing the treatment area are allowed, once medication has worn off. A gentle cleanser may be used on the treatment area.



- Refrain from strenuous exercise for 24 hours.
- Comfort Measures:
 - Acetaminophen may be used for discomfort. Refrain from NSAIDs for seven days.
 - Antihistamines, like Benadryl and Zyrtec, may be used for minor itching.
 - For up to 48 hours following treatment, cool packs or ice can relieve minor discomfort and reduce swelling and bruising. Ice for a maximum of 20 minutes per hour. After 48 hours, switch to hot packs.

Arnica gel may be used for bruising.