



## **Platelet-Rich Plasma (PRP) Vaginal Rejuvenation Pre and Post-Procedure Instructions**

### **PLATELET-RICH PLASMA (PRP) VAGINAL REJUVENATION PRE-PROCEDURE**

- Carefully and completely shave your pubic area before your visit. Clean the area gently prior to visit
- 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 Vaginal Rejuvenation Shot

- Refrain from use of excessive or unnecessary blood thinners.

#### One Week Before the PRP Vaginal 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 Vaginal 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.

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### **PLATELET-RICH PLASMA (PRP) VAGINAL REJUVENATION POST-PROCEDURE**

- There is little to no down-time following your procedure
- You may return to work the same day following your procedure.



- You may still feel numbness in the area for several hours following your procedure.
- Please do not use aspirin or other NSAID pain relievers (Advil, Motrin, Aleve) for one week after the procedure. You may use acetaminophen (Tylenol) as directed on the label and /or apply an ice pack to the area for any discomfort.
- We recommend waiting three days before intercourse or using tampons.
- Most patients will notice an immediate improvement in sensation, but it may take several weeks to achieve maximum result. If you have a history of bladder/stress incontinence, this should improve within a few days of your procedure.
- Consider Pelvic Floor Physical therapy. Most women have lost muscular tone in their pelvic floor, the procedure can be beneficial to reducing bladder leakage, but its benefit is augmented by strengthening the muscles that help control the bladder.