



HE SHOT PRP Penile Rejuvenation Treatment Instructions

Pre-Treatment Instructions:

- AVOID the use of NSAIDS (ibuprofen, Motrin, Aleve, Naproxen, Aspirin, etc.) 3-7 days before procedure (Tylenol is OK for pain relief right up to and including the day of procedure – do not exceed 4000 mg in a 24-hour period).
- AVOID the following nutritional supplements for 3-7 days before the procedure - Ginkgo Biloba, Garlic, Vitamin E, Vitamin A, Flax Oil, Curcumin and other anti-inflammatory nutrients.
- AVOID the Systemic use of corticosteroids for 1-2 weeks before the procedure.
- AVOID Alcohol and Cigarettes for 3-7 days before the procedure..
- HYDRATE very well the day before and the day of the procedure for ease of blood draw.

On the Treatment Day:

- Blood is drawn and PRP is processed
- Topical numbing cream is applied to injection site(s). Additional lidocaine will be injected after topical numbing is attained.
- PRP is processed, activated and injected into 5 areas.
- Vacuum Pump and its instructions will be provided. It is recommended to use this in the office for 5-10 minutes prior to leaving to maximize the effectiveness of the PRP.

Post-Treatment Instructions:

- Bruising may occur due to the negative pressure of the pump or from the injections.
- AVOID the use of NSAIDS (ibuprofen, Motrin, Aleve, Naproxen, Aspirin, etc.) 3-7 days after the procedure (Tylenol is OK for pain relief – do not exceed 4000 mg in a 24-hour period).
- AVOID the following nutritional supplements for 3-7 days after the procedure - Ginkgo Biloba, Garlic, Vitamin E, Vitamin A, Flax Oil, Curcumin and other anti-inflammatory nutrients.
- AVOID the Systemic use of corticosteroids for 1-2 weeks after the procedure.
- AVOID Alcohol and Cigarettes for 3-7 days after the procedure.
- EAT a healthy diet and HYDRATE very well – at least 64 ounces of clean fresh water.
- Use the Vacuum Pump for 10-20 minutes every day to maximize effectiveness of the procedure. You may substitute sex for this. The goal is to have an erection for at least 10 minutes a day, however that occurs.

Contraindications to PRP: Platelet or bleeding disorders, active local infections, oral isotretinoin, poor wound healing, local cancer or metastatic disease.

Contraindications to Topical Anaesthetic: liver disease, PABA allergies, sulfonamide allergies, methaemoglobinaemia, pseudocholinesterase deficiency, and arrhythmia medications.

4900 Jackson Road | Ann Arbor, MI 48103 | 734-249-8722 | www.cosmediclasermd.com