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**PRP & PRF**

Eat a light meal and drink plenty of water prior to your appointment.

Leave the Coband tape on your arm for one hour after the procedure

You may have discomfort, bleeding, swelling, or bruising at your needle site. Follow the guidelines below to help with these side effects.

**Guidelines for managing discomfort**

* Hold ice or a cool pack over the site for 10 to 15 minutes, then take it off for 10 to 15 minutes. Repeat as needed.

**Guidelines for managing bleeding**

* Raise your arm above your head and apply pressure with your other hand for 5 minutes or longer.
* Cover the site with a bandage or put the pressure bandage back on the site, if needed.

**Guidelines for managing swelling**

* Raise your arm above your head and apply pressure for 3 to 5 minutes.
* Hold ice or a cold pack over the site for 10 to 15 minutes, then take it off for 10 to 15 minutes. Repeat as needed.

**Guidelines for managing bruising**

* Hold ice or a cold pack over the site for 10 to 15 minutes, then take it off for 10 to 15 minutes. Repeat as needed to help the bruising fade.
* Bruises may spread around your needle site and take about 7 to 10 days to go away.

**Call Your Doctor’s Office if You Have:**

Discomfort, bleeding, or swelling that isn’t helped by following the guidelines above.

* Bleeding that you can’t stop.
* A temperature of 101° F (38.3° C) or higher.
* Redness, warmth, or pain at your needle site.
* Any other unexpected side effects.
* Any questions or concerns.