

PRP AFTER CARE INSTRUCTIONS

What to Expect after PRP Injections:

Immediately following the procedure, the most commonly reported temporary side effects are redness, swelling, bruising, tenderness, tingling, numbness, lumpiness, and/or a feeling of pressure or fullness at the injection sites and/or in the treated area(s). Cold gel packs/ice may be applied immediately after treatment to reduce swelling.

To Maximize Results and Prevent Complications:

Avoid scrubbing the injection sites for at least 4 hours. However, makeup may be applied immediately after, if desired.

Starting on the evening of the treatment and for the next several days; wash your face gently with a mild cleanser (e.g. Aquanil or similar) once to twice daily. After several days, you may return to your regular skin care routine.

Avoid direct high heat (e.g. blow dryer, sun, sauna, steam room, very hot shower, hot yoga, strenuous exercise, etc.) until the morning after treatment.

After Care of Topical Application of PRP associated with PRP Facial or Hair Restoration:

To Maximize Results: For a minimum of 5 hours after the PRP has been applied to your skin, do NOT:

wash your skin, expose the treated area/s to direct high heat, or engage in activities that will get you wet or cause you to sweat (e.g. blow dryer, sun exposure, sauna, steam room, Jacuzzi, very hot shower, hot yoga, strenuous exercise, etc.)

After PRP Application, we may apply a topical antibiotic ointment or other soothing / healing ointment (e.g. Aquafor, Vaniplly). Starting on the evening of the treatment, wash your face gently with a mild cleanser (e.g. Aquanil or similar) twice daily followed by application of hyaluronic acid and/or Neocutis MPC containing Micro Serum / Creams (that nourishes new collagen) and then, Aquafor healing ointment or antibiotic ointment as needed. Also, use an SPF 30 sun block each morning until healed. Avoid makeup for at least 24 hours and until healed. You may return to your regular skin care routine when healed. For Scalp applications, shampoo and condition your scalp daily starting the first evening or the next morning after PRP. Otherwise, also follow all non-contradictory peri-procedural instructions for micro needling or laser resurfacing, if applicable.