Platelet Rich Plasma (PRP) Post Care

Post care for injected PRP

What to expect after treatment?

Immediately following the procedure, the most commonly reported side effects are redness, swelling, bruising, tenderness, tingling, numbness, lumpiness and/or feelings of pressure or fullness at the injection sites and/or in the treated area(s).

To maximize results and prevent complications:

* Avoid touching or scrubbing at the injection sites for 24 hours after treatment.
* Sleep on your back with your head elevated and avoid rubbing the treated area for two weeks
* Avoid direct high heat (blow dryer, sun exposure, sauna, steam room, very hot shower, hot yoga, strenuous exercise, etc) for 24 hours after treatment.
* Makeup may be applied immediately after treatment if desired but preferred to wait at least 5 hours.
* No facials, facial massages (includes face down body massages), or laser treatments for 2 weeks afterwards. Most facials, chemical peels, lasers, and light treatments may be done immediately prior to the treatment but not for 2 weeks after the treatment.
* We would prefer if you could refrain from applying ice to the injected area as ice acts as an anti- inflammatory.
* Avoid alcohol consumption for a minimum of 6 hours post procedure, and preferably the night before
* AVOID Advil, Aleve, Aspirin, Ibuprofen, Motrin, Naprosyn, (all non-steroidal anti-inflammatory agents), Vitamin A, Vitamin E, Gingko Biloba, Garlic, Flax Oil, Cod Liver, Essential Fatty Acids (EPA, DHA), for **2 weeks** after your treatment. Remember, our goal is to create inflammation. These listed medications will limit or prevent inflammation, which can diminish your results. If you must take Aspirin for cardiac reasons, you certainly may do so, but this may limit your results.

Post care for topical application of PRP with Microneedling

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 to high heat, or engage in activities that will get the skin wet or cause you to sweat (blow dryer, sun exposure, sauna, steam room, very hot shower, hot yoga, strenuous exercise, etc).