

# Post Care

## PLATELET RICH PLASMA (PRP) POST CARE

### Post care for Injected PRP Facelift (filler)

- ▶ What to expect after treatment: Immediately following the procedure, the most commonly reported temporary side effects are redness, swelling, bruising, tenderness, tingling, numbness, lumpiness, and/or a feelings of pressure or fullness at the injection sites and/or in the treated area(s).
- ▶ To avoid bruising: Avoid alcohol consumption for a minimum of 6 hours and refrain from taking blood thinners such as Aspirin and NSAIDS for several days. Tylenol is recommended if needed for discomfort.
- ▶ 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 2 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
  - ▶ Wait 24-48 hours before applying makeup to treated area
- ▶ No facials, facial massages, or laser treatments for 2 weeks afterward: Most facials, chemical peels, laser, and light treatments may be done immediately prior to the treatment but not for 2 weeks after the treatment.

### Post Care for Topical Application of PRP Facial (microneedle)

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