

**PLEASE FOLLOW THESE GUIDELINES AFTER YOUR PRP PROCEDURE
TO ENSURE EFFECTIVE RESULTS**

What to Expect

- Mild redness, swelling, bruising, or tightness can occur and should resolve within 2–5 days.
- Your skin may feel dry or rough as it heals.

Skin Care

- Do not wash your face for at least 6 hours after the treatment. Use a gentle cleanser afterward.
- Avoid makeup for 24 hours.
- Do NOT apply ice or use anti-inflammatory/steroid medications for 5 -7 days unless advised—these can interfere with healing.
- Do NOT take blood-thinning medications such as:
 - Aspirin
 - Ibuprofen (Advil, Motrin)
 - Naproxen (Aleve)
- You may take Tylenol if needed for discomfort.
- Resume gentle skincare after 24 hours. Avoid retinols, exfoliants, or acids for 3–5 days.
- Moisturize and wear SPF 30+ daily.

Activities to Avoid

- Avoid strenuous exercise, heavy sweating, or saunas for 24–48 hours.
- Avoid direct sunlight and tanning for 3–5 days.
- Do not pick or scratch at your skin.

Follow-Up

- Results appear gradually over several weeks as collagen production increases.
 - A series of treatments (3-4) may be recommended for optimal results.
 - Contact your provider immediately if you experience severe pain, swelling, fever, or signs of infection.
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