

Instructions after PRP injections

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 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 to the face, we may apply a topical antibiotic ointment or other soothing / healing ointment (e.g. Aquaphor, Vaseline). 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 a nourishing microserum cream (ZO Skin Health for example) and then, Aquaphor 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,

Wait 24 to 48 hours before washing your hair. Do not rub the treated area for the rest of the day. Avoid any intense physical exercise or any activity causing excessive heat in your body till the next morning. (e.g. blow dryer, sun exposure, sauna, steam room, Jacuzzi, very hot shower, hot yoga, strenuous exercise, etc.) It can provoke bleeding on your injection sites.