

## PRP (PLATELET RICH PLASMA) AFTERCARE

The following aftercare advice is essential to help reduce the risk of treatment complications, to improve your comfort/healing and to help achieve the best possible results from treatment. Please follow the aftercare advice for PRP (Platelet Rich Plasma).

- The treated area of skin may feel slightly tender and appear red and swollen afterwards, appearances may be similar to mild sunburn. These effects will resolve naturally and should be much improved after 48 hours but may take longer to settle. You may experience some minor bruising which may take 1-2 weeks to resolve in some cases.
- Cold compress can be helpful to aid resolution of swelling, Arnica cream can be helpful for bruising resolution.
- If you experience any mild discomfort you can take some simple over the counter pain killers such as paracetamol.
- You may experience localised tenderness, swelling or bruising from where your blood sample was taken. Bruising may take up to 2 weeks to fully resolve.
- Use a mild cleanser with tepid water to clean your face for 3 days after the treatment and gently dry the treated area. Keep your hands clean when touching the treated area.
- Avoid any perfumes, fake tan or other harsh chemicals for 72 hours after treatment.
- Avoid any makeup for 24 hours after treatment as this can increase the risk of infection.
- Avoid rubbing or picking the treated area.
- Avoid any skin exfoliation for 72 hours following treatment.
- It is important to use a regular moisturising cream around two to three times a day on the treated area. Use more regularly if you feel the skin dry or peeling.
- Avoid any products that contain alpha hydroxy acids, retinol, and glycolic acid for at least 7 days after treatment.
- Avoid strenuous exercise, saunas, sunbeds and exposure to heat for 72 hours after treatment. These can cause sweating which can irritate the delicate skin and slow down your ability to heal quickly.
- Avoid swimming for 72 hours after treatment.
- Avoid any excess alcohol or caffeine for 48 hours after treatment.
- Wear SPF 30 or greater sunscreen for at least 2 weeks following treatment as your skin will be more sensitive to sunlight afterwards.
- Avoid any further cosmetic treatments e.g. Botox or dermal filler for 2 weeks following treatment, or ask me for advice.

- Avoid any hair removal treatments such as waxing for 2 weeks after treatment or until the initial redness and swelling has resolved.
- You must seek medical attention and contact me if you experience any signs or symptoms of infection after treatment. Infection can present as hot, red shiny skin, there may be pus formation and you may have a fever or feel generally unwell.
- You must contact me on 07397 754834 as soon as possible if you notice any other unwanted side effects from the PRP treatment.
- Contact me on 07397 754834 if you experience any localised side effects from the site that the blood sample was taken.

I hope you have found your treatment beneficial and would really appreciate it if you would follow me on [Instagram](#) or [Facebook](#) and review your experience. Thank you.