

**PLATELET RICH PLASMA
(PRP)
AFTERCARE INSTRUCTIONS**

The Basics:

During the first 24-48 hours after treatment you will experience redness, swelling and tenderness. This is normal and will resolve quickly and spontaneously over the next 2-5 days. No makeup for 24 hours. Drink plenty of cold water for the next 48 hours after the procedure.

Bruising at site of injection is also common and clears completely in 1-10 days. Please read your aftercare instructions-there are several things you can do to help bruising.

Swelling and bruising can give the appearance of “unevenness” in the area treated. This will settle once the swelling & bruising is gone. Please contact us at the clinic if there is any “unevenness” after the 14 days.

After your Platelet Rich Plasma treatment you should:

- Avoid alcohol, caffeine, hot drinks & spicy foods for 24 hours, as these exacerbate bruising and swelling.
- Avoid medications such as aspirin or nurofen for 1-2 weeks as they are blood thinning agents and may exacerbate bruising. (If these medications have been prescribed by your MD do not stop them unless approved by your MD)
- Avoid exercise/exertion for 24 hours.
- Avoid excess sun exposure or excessive wind for 24 hours.
- Apply ice frequently to the injected area for up to 6 hours after the treatment. This will help to alleviate any bruising. It will also aid in reducing swelling.

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405-202-4427

You can use Arnica Montana tablets to help with any bruising.

NOTE: Bruising can last 1-10 days.

They are TEMPORARY and will completely disappear over time with no effect on your treatment. Once bruising has formed (within the first 48 hours) it is better to apply warmth to the area to encourage the body's natural reabsorption of the bruise from the skin.

Please advise your cosmetic practitioner prior to treatment if you have suffered with cold sores on your skin or lips. This viral infection may be re-activated by some injectable treatments. You are advised to take anti-viral medications such as Zovirax on the day of your injection and the following week after your treatment or L-Lysine (health food store) for 2-3 days prior to and a week after your treatment. If you develop a cold sore after treatment, please call the clinic 405-202-4427 and we can call in an Rx to your pharmacy to begin treatment immediately.

You may feel raised "bumps" and raised "threads" on the skin in some areas that have been treated. It is advisable to LIGHTLY massage the areas GENTLY with arnica montana gel 2-3 times daily for 5-7 days. This will ensure that the booster is spread across the deep layer of the skin to create a sheet of product that will attract water to it & hydrate the deep layer of the skin.

Recommended protocol is 4-6 treatments a year. Depending on how your body responds to the PRP.

If you feel that further treatment of an area is required, please contact us at 405-202-4427. We can schedule a follow up appointment or advice as to when a further treatment can be carried out.

If you suffer any allergic response, prolonged generalized symptoms or any lumps/unevenness persisting longer than 14 days, please contact us at 405-202-4427.

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