



YOUTHFUL YOU

AESTHETICS & ACADEMY®

## PLATELET-RICH PLASMA (PRP)

### Post-Treatment Guidelines

- **No Touching:** Avoid touching the treated area for at least 6 hours after the procedure to prevent infection.
- **Minimal Products:** Refrain from applying makeup, sunscreen, or skincare products to the treated area for 24 hours.
- **Avoid Heat:** Stay away from saunas, hot baths, or intense exercise for 48 hours.
- **Healing Support:** Use a gentle cleanser and a non-comedogenic moisturizer once approved by your provider.
- **No Harsh Treatments:** Avoid chemical peels, microdermabrasion, or laser treatments on the area for 2 weeks.
- **Hydrate and Nourish:** Continue drinking plenty of water and consume a balanced diet to support healing and collagen production.
- **Mild Redness or Swelling:** It is normal to experience mild redness, swelling, or bruising at the injection site, which should subside within a few days.
- **Follow-Up:** Schedule follow-up treatments as advised for optimal results.

**Disclaimer:** These instructions are provided to ensure optimal treatment results and reduce the risk of complications. **Failure to follow the guidelines may result in undesirable outcomes.**

## What to Expect

- **Immediate Effects:** Some redness, swelling, or tightness may occur and usually resolves within 48–72 hours.
- **Gradual Improvement:** PRP works by stimulating collagen and tissue regeneration, so results are typically visible within 3–6 weeks and continue to improve over 3–6 months.
- **Treatment Plan:** Multiple sessions (3–6 treatments) may be required for best results, depending on the area and condition being treated.

