

PLATELET-RICH PLASMA (PRP)

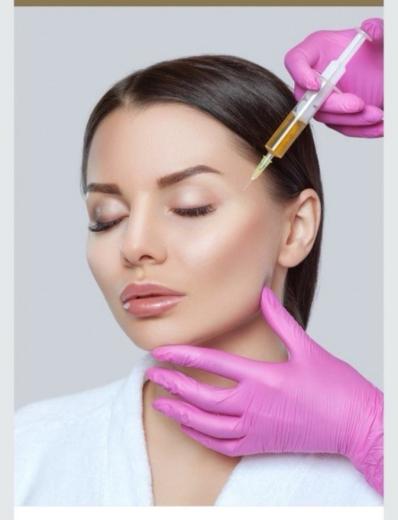
Post-Treatment Guidelines

- 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.



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