



PRP INJECTIONS: AFTER Treatment Instructions

- Sleep on your back with a clean pillowcase.
- AVOID applying makeup for the first 24 hours after treatment.
- You may take Acetaminophen/Tylenol if you experience mild tenderness or discomfort.
- Apply an ice or cold gel pack to the area(s) treated (avoiding pressure) to help reduce swelling and bruising.
- AVOID placing excessive pressure on the treated area(s) for the first few days; when cleansing your face or applying makeup, be very gentle.
- AVOID exercise or strenuous activities for the remainder of the treatment day; you may resume other normal activities/routines immediately.
- AVOID extended UV exposure until any redness/swelling has subsided. Be sure to apply an SPF 30 or higher sunscreen.
- 2 WEEKS AFTER treatment, avoid laser treatments.