

Platelet Rich Plasma Care Instructions

Platelet Rich Plasma (PRP) has been used for years in wound healing and pain control. Use of PRP as an injection to the face has been shown to induce collagen stimulation. It does this through stimulating your body's growth hormones found in platelets. Triggering growth factors can lead to remodeling of collagen and elastin. It is important not to inhibit the natural inflammatory response after PRP.

After Your Treatment

- Immediately following the procedure, the most reported temporary side effects are redness, swelling, bruising, tenderness, tingling, numbness, lumpiness, and/or a feeling of pressure or fullness at the injection sites and/or in the treated area(s).
- Tylenol is recommended if needed for discomfort. Avoid taking Aspirin and non-steroidal anti-inflammatory medications (NSAIDS) such as Ibuprofen, Motrin, and Aleve for 1 week afterwards. This will inhibit the natural inflammatory response needed for best results.
- Do NOT touch, press, rub, or manipulate the treated area(s) for at least 12 hours after your treatment.
- Avoid alcohol consumption for a minimum of 6 hours.
- 24 hours post-treatment makeup can be applied.
- Sleep on your back with your head elevated for the first 2-3 nights.
- No Facials, Facial Massages, or Laser Treatments for 2 Weeks Afterward: Most facials, chemical peels, laser, and light treatments may be done immediately prior to the treatment but not for 2 weeks after the treatment. Botox may be injected immediately before or after.
- Most patients see improvement within 2-4 weeks with continued improvement for up to 12 weeks. Best outcomes are reached with a series of treatments (typically 3 treatments, 4-6 weeks apart).

Questions/Concerns. Post-treatment healing varies from patient to patient. If you have any questions or concerns, please contact the office at 425-450-0880.