



POST treatment Instructions for PRP

- Avoid scrubbing the injection sites for at least 4 hours.
- However, makeup may be applied immediately after, if desired.
- Starting on the evening of the treatment and for the next several days; wash your face gently with a mild cleanser (e.g. Aquanil or similar) once to twice daily.
- After several days, you may return to your regular skin care routine.
- Avoid direct high heat (e.g. blow dryer, sun, sauna, steam room, very hot shower, hot yoga, strenuous exercise, etc.) until the morning after treatment.
- For a minimum of 5 hours after the PRP has been applied to your skin, do NOT: wash your skin, expose the treated area/s to direct high heat, or engage in activities that will get you wet or cause you to sweat. After PRP Application, we may apply a topical antibiotic ointment or other soothing / healing ointment (e.g. Aquafor, Vaniply). Starting on the evening of the treatment, wash your face gently with a mild cleanser. Also, use an SPF 30 sun block each morning until healed. Avoid makeup for at least 24 hours and until healed.