

Platelet Rich Plasma Pre & Post Treatment

After care is similar to that of dermal fillers, however, no ice should be used.

- ✓ DO NOT RUB OR MASSAGE the treated area/s today. Avoid aggressive scrubbing and facial treatments for one week. When cleansing your face or applying makeup, use gentle, sweeping motions.
- ✓ AVOID exercise or strenuous activity for the next 24 hours.
- ✓ Makeup may be applied 4 hours after treatment ends, if no complications are present. Apply makeup gently, avoiding strenuous rubbing of the injection area.
- ✓ You may take acetaminophen/Tylenol if you experience any mild tenderness or discomfort. Avoid aspirin or ibuprofen products, vitamin E, and fish oil, as they may increase your potential to bruise.
- ✓ AVOID drinking alcohol or any blood thinning products for a minimum of 12 hours, as this may contribute to bruising.
- ✓ AVOID extended UV exposure until any redness has subsided. Apply an SPF 40 or higher sunscreen.
- ✓ Wait a minimum of 2 weeks before receiving any laser or skincare treatments.
- ✓ Bruising at the site of injection is a commonly reported side effect. To minimize bruising, inform your provider if you use blood thinners, such as ibuprofen, aspirin, or herbal preparations prior to your procedure. **You may take OTC Arnica tablets or apply Arnica gel to help minimize bruising. Eating pineapple, which contains Bromelain, is a natural way to help minimize bruising.**
- ✓ Temporary minimal to moderate swelling can be expected, which should dissipate following injection.
- ✓ It is normal to experience some tenderness at the treatment site that can last for a few hours, or at times, a couple of days.
- ✓ **If you experience any pain (NOT tenderness) or other persistent symptoms at or near the treatment site call the Practice immediately and speak with your Injector; 781-821-0707.**



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