

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.
- ✓ Do not apply makeup for 24 hours. 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 SPF40 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 supplements prior to your procedure. You may take OTC Arnica tablets or apply Arnica gel to help minimize bruising. Also, eating pineapple, which contains Bromelain, can help.
- ✓ 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.**

