

Platelet Rich Plasma Post Treatment Advice

After a PRP treatment, some minor swelling in the treatment area is expected. Remember that the final result will not be evident until around 6-8 weeks after the completion of the entire course of your treatments.

Small red spots on the skin usually disappear in a few hours. Transient stinging of the skin is normal after injection (10-15 minutes). If bruising is going to occur, it is usually apparent at day 2-3 and will typically resolve over 5 days.

What to do after treatment

- Drink plenty of fluids but avoid hot drinks
- In the evening of the treatment, you may gently wash your face and use your regular wash and lotions
- You can regularly apply ice or a cold compress every hour for the first 48 hours to help decrease the swelling more quickly.
- Remain upright either sitting or standing for as long as possible and you may wish to sleep with 3 pillows at night.
- If you are uncomfortable with the swelling, you may take Piriton help decrease this.
- If there is **excessive** swelling, you may contact the clinic to obtain a prescription for steroids which may help resolve your inflammation more quickly; prescription drugs are not appropriate if the degree of swelling is within normal parameters.

What NOT to do after treatment

- Do not massage the area treated for the first 2 weeks following treatment. No facials, waxing, or massage for 7 days
- Please do not wear your normal makeup for 12 hours
- Do not take any anti-inflammatory medication for 24 hours after treatment as this may increase bruising. You may take paracetamol if you are uncomfortable
- Do not consume alcohol for 24 hours after receiving treatment
- No strenuous exercise or heavy-duty activities for at least 24 hours
- Do not have a sauna, hot tub or go in a tanning booth for 24 hours after treatment. Always wear a broad-spectrum, high factor sun protection (SPF 30-50) on the face, neck, décolletage and hands

What to watch out for after treatment

- If you notice any skin colour changes, such as an area of skin becoming purple or red, or experience bruising which appears unusual, please **contact the clinic immediately**
- If you notice an **increase** in pain in the area treated in the days after your procedure, **please contact the clinic immediately**
- If you suspect an infection, **please contact the clinic immediately**

Swelling and Bruising Advice

A degree of swelling and sometimes bruising is normal after your procedure.

Swelling can be helped by:

- Sleeping with 3 pillows at night
- Taking Piriton and steroids if appropriate
- Using ice or cold compresses every hour

Bruising can be helped by:

- Not taking aspirin 4 days or ibuprofen 24 hours before your treatment.

Should you experience any unexpected side effects or any that concern you, please contact the clinic as soon as possible.

Please ensure you discuss your overall treatment programme with your clinician as this will enable you to receive the best results from treatment.

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