



Please HYDRATE very well the day before and the day of the procedure for ease of blood draw.

The day of the procedure:

- Come to your visit with a **clean face *no makeup***! Please bring a headband to hold your hair back during the facial.
- You will sign consents upon arrival.
- Blood is drawn and PRP is processed.
- Topical anaesthetic is applied to the treatment area.
- Micro-needling with a medical device is completed.
- PRP is applied topically and sometimes injected if the provider feels it is appropriate.
- Expect to have redness, mild swelling and general “tight” feeling.
- Rarely, a mild peeling effect can occur.

After Care for Injected PRP

Immediately following the procedure, the most commonly 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). Cold gel packs/ice may be applied immediately after treatment to reduce swelling.

To Maximize Results and Prevent Complications:

Avoid scrubbing the injection sites for at least 4 hours. Starting on the evening of the treatment and for the next several days; wash your face gently with a mild cleanser once to twice daily. After several days, you may return to your regular skin care routine.

Avoid makeup for at least 24 hours and until healed. You may return to your regular skin care routine when healed.

- Mild inflammation should be expected and in fact is the rejuvenation process in action.
- AVOID cold cloths and ice to the procedure site for 48 hours.
- Avoid retinoid and Retin A medications for 7 days.
- Avoid sun and use a physical sun block 50+ to protect your skin and allow for best rejuvenation effect.
- Avoid extreme heat for 48 hours i.e. sauna, steam rooms, hot shower, sun beds etc. as this may increase discomfort and swelling.
- In order to reduce bruising, it is important to adhere to the aftercare regime. Please avoid any medications such as Ibuprofen, Naproxen or Diclofenac, Fish Oils, Omega 3 Fatty Acid, Garlic, High Dose Vitamin E, Gingko Biloba, St. John’s Wort and Ginseng for the week prior and week following a treatment unless medically necessary or after discussion with your doctor.
- AVOID the systemic use of corticosteroids for 1-2 weeks after the procedure.
- For best results AVOID alcohol and cigarettes for 48h after the procedure.
- EAT a healthy diet and HYDRATE very well



After Care of Topical Application of PRP associated with PRP Hair Restoration:

- To Maximize Results: 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 (e.g. blow dryer, sun exposure, sauna, steam room, Jacuzzi, very hot shower, strenuous exercise, etc.)
- For Scalp applications, shampoo and condition your scalp daily starting the first evening or the next morning after PRP.

Adverse reaction awareness:

The results directly after the treatment should not be seen as the final result.

Pain and discharge are not normal. If you experience these, please call the clinic immediately for advice.

If you experience persistent or increasing swelling and redness that might indicate infection, or bruising that is more than average, contact us via email: info@mypureaesthetics.com or whatsapp: 07779666009