



HEARTLAND AESTHETICA
CURATED BEAUTY

10111 E. 21st St. Suite 305
Wichita, KS 67206
316-777-6393

Post-Protein Rich Plasma (PRP)

- **DO NOT** touch, press, rub, or manipulate the treated area (s) for at least 8 hours after your treatment. It is normal to experience: bleeding, bruising, redness, itching, soreness, and swelling lasting up to 10 days following your procedure.
- **AVOID** Aspirin, Motrin, Ibuprofen, Aleve for **7 days** after procedure. We are creating inflammation to initiate the rebuilding and repair process.
- **If you are prescribed a blood thinner from a physician, discuss with provider**
- Tylenol may be used for discomfort
- You may apply ice as needed for comfort after the procedure, but keep in mind this also limits the necessary inflammatory process.
- **DO NOT** use any lotions, creams, or makeup for 48 hours after your treatment
- **AVOID** vigorous exercise, sun, and heat exposure for at least 48 hours after your treatment. Use an SPF 30 or higher.
- **AVOID** Alcohol, caffeine, and cigarettes for 72 before and after your treatment
- Smoking impairs healing times therefore increases chances of complications and reduces effectiveness of treatment.
- Maintain a healthy diet and drink at least 64 oz.'s of water the daily
- If scalp has been treated wait **24 hours** to shampoo or color hair
- You may use a loose hat if scalp has been treated after **48 hours**

When to call the office

There may be some degree of swelling immediately post treatment; however, if you have excessive swelling or any of the following signs of infection, you should contact the office immediately. Signs of infection include:

Fever of 101.5 or greater
Drainage that is thick, smells bad, looks like pus
Increased warmth at or around treated area

Call: 316-777-6393