

PRP (Platelet rich Plasma)

Please read carefully and understand all information provided in this post care guide.

- Swelling and tenderness may be present for 24 - 48 hours post treatment.
- Sleeping in an elevated position may help to reduce swelling.
- Avoid touching your face for at least two hours to allow injection sites to heal over and avoid infection.
- Only touch the face with clean hands.
- Gently massage the injection areas with a neutral cream for three days post treatment.
- Bruising may be reduced by the use of Amica cream.
- Do not ice the treatment areas as platelets do not like extremes in temperature.
- Avoid vigorous exercise for 48 hours.
- Avoid spas, saunas or hot showers for 48 hours.
- Avoid excessive alcohol for 48 hours.

If combined with skin needling:

- No make-up should be worn for 12- 24 hours following treatment.
- For the first 3 - 5 days, avoid the use of moisturisers or lotions containing active ingredients (retinol, glycolic acids, AHA's, BHA's, exfoliating granules, perfumes and colours). You can use a basic moisturiser to keep the skin moist.
- Avoid applying self-tanning lotions for 2 weeks post treatment.
- Slight crusting or scabbing may occur, to prevent a scar. do not rub or pick the skin.

If you have concerns, increasing redness, tenderness or pain, please contact us.

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