

PRP Aftercare

Thank you for receiving your PRP treatment today. Proper aftercare helps ensure optimal healing and results. Please follow the instructions below carefully.

FIRST 24 HOURS

- Do NOT touch, wash, or apply products to the treated area (face or scalp).
- Avoid heavy sweating, exercise, saunas, hot tubs, steam rooms, or heat exposure.
- Avoid direct sunlight.
- Do not apply makeup or SPF for the first 24 hours.
- Avoid alcohol and smoking, as they can impair healing.
- Expect mild redness, swelling, tightness, or sensitivity—this is normal.

GENERAL AFTERCARE (24–72 Hours)

- After 24 hours, cleanse gently using a mild, non-active cleanser.
- Avoid the following for at least 72 hours:
 - Retinoids, retinol, tretinoin
 - AHAs/BHAs (glycolic, lactic, salicylic acids)
 - Vitamin C (ascorbic acid)
 - Benzoyl peroxide
 - Exfoliants (scrubs or chemical)
 - Hair dye (for scalp PRP)
 - Hot showers on the treated area
- Keep skin moisturized with a gentle, fragrance-free moisturizer.
- Avoid using makeup, if possible, for 48 hours (especially after microneedling + PRP).

IF YOU RECEIVED PRP FOR HAIR RESTORATION (SCALP)

- Do not wash your hair for 24 hours.
- Avoid hair products, sprays, gels, or dry shampoo for 48 hours.
- Avoid colouring or chemically treating your hair for 7 days.
- You may experience mild tenderness or "tightness"—this is normal.
- Do not pick or scratch the scalp.

IF YOU RECEIVED PRP WITH MICRONEEDLING (FACE/NECK)

- Follow all standard microneedling aftercare instructions.
- Avoid sun exposure and wear SPF 30+ starting after 24 hours.
- Expect redness similar to a sunburn for 24–48 hours.
- Avoid strenuous exercise for 48 hours.
- Keep skin hydrated to support healing.

PAIN OR SWELLING

- You may use Tylenol (acetaminophen) for discomfort.
- Avoid NSAIDs (Advil, ibuprofen, Motrin, Aleve) for 48 hours, as they can interfere with the inflammatory healing process PRP relies on.
- Apply a cool compress for short intervals if needed (avoid direct ice contact on skin)

SLEEPING

- Sleep with your head slightly elevated for the first night to reduce swelling.
- Use a clean pillowcase and avoid contact irritation.

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EXPECTED REACTIONS

Normal side effects may include:

- Redness
- Mild swelling
- Pinpoint bleeding
- Tingling or warmth
- Tenderness
- Scalp tightness (for hair PRP)

These should resolve within 24–72 hours.

WHAT TO AVOID FOR 1 WEEK

- Direct sun exposure or tanning beds
- Swimming pools, hot tubs, or ocean water
- Laser treatments, waxing, or chemical peels
- Facials or exfoliation
- Any new skincare products
- Excessive sweating or vigorous workouts

WHEN RESULTS APPEAR

- Hair PRP: Improvements typically appear in 8–12 weeks, with optimal results after multiple sessions.
- Skin PRP: Visible improvement begins around 2–4 weeks, with continued collagen production over several months.

WHEN TO CONTACT US

Contact the clinic if you experience:

- Signs of infection (increasing redness, heat, pus)
- Severe or worsening pain
- Abnormal swelling
- Fever or chills
- Any reaction that concerns you