PRP & PRF *Aftercare*

For skin, under-eye and hair treatments

PRP and PRF use concentrated growth factors from your own blood to support renewal. Recovery is usually quick, and results build gradually over your series.

What to *expect*

When	What is normal
Treatment day	Redness, swelling, tenderness or small bumps at injection sites. The scalp may feel sore or tight.
Days 1 to 3	Swelling fades. Under-eyes may look puffy at first.
Up to 2 weeks	Bruising, if any, fades on its own.
Weeks to months	Skin quality or hair improves gradually. Most clients do a series of 3.

The first 24 *hours*

Please do	Please avoid
• Leave the treated area alone for at least 6 hours: no washing, products or makeup. • Use a cool compress gently for comfort and swelling. • Drink plenty of water. • Tylenol may be used for discomfort if it is appropriate for you.	• Rubbing, pressing or massaging the treated area. • Ibuprofen, aspirin and similar anti-inflammatory pain relievers for 3 days, unless prescribed by your doctor. Do not stop any prescribed medication without asking your doctor. • Strenuous exercise, saunas, hot tubs and heavy sweating. • Alcohol.

Good to *know*

- **Hair treatments:** you may wash your hair gently the next day. Avoid hair coloring, chemical treatments and hot styling tools for 3 days.
- **With microneedling:** follow your microneedling aftercare as well.
- Avoid direct sun and use daily SPF 30 or higher on treated skin.

When to *call us*

Some redness and swelling right after treatment are normal. Please call DermaGlow at 703-288-3000 if you notice:

- Swelling, redness or pain that gets worse after 48 hours
- **Signs of infection:** warmth, pus or fever
- Skin turning white, gray or blotchy, or any change in vision. Call us right away.

Call 911 or go to the nearest emergency room right away for trouble breathing, or swelling of the lips, tongue or throat.

Your provider may also share instructions specific to your treatment. If so, please follow those along with this guide. Questions? Call DermaGlow at 703-288-3000.