



Platelet-Rich Plasma (PRP)

Care Guide

HOW TO PREPARE 1 WEEK PRIOR?

- Discontinue any use of retinol and Retin-A (Tretinoin) medication.
- AVOID the use of NSAIDS (Ibuprofen, Naproxen, Dispirin, etc.) 3-7 days before procedure. Panadol is OK for pain relief right up to and the day of procedure – do not exceed 4000mg in a 24 hour period.
- AVOID the systemic use of corticosteroids for 1-2 weeks before the procedure.
- AVOID alcohol and cigarettes for 3-7 days before the procedure.

WHAT TO EXPECT ON THE DAY OF THE PROCEDURE?

- Arrive at your appointment with a clean, makeup free skin.
- You may experience some tenderness, swelling, redness or stinging at the injection site, immediately following injection.
- Be sure to hydrate & eat a small meal prior to treatment, as blood will be drawn.
- A topical numbing cream can be applied before treatment.

WHAT TO EXPECT AFTER THE PROCEDURE?

PRP Aftercare Guide:

- Showering and cleansing the skin are allowed. A gentle cleanser should be used on the treatment area. Apply it to the fingertips with tepid water and use gentle, circular motions on the skin.
- Avoid exercise or strenuous activity for 24 hours.
- It's best not to wear makeup for 2-3 days.
- Refrain from tanning or prolonged sun exposure for 10 days after the procedure. Apply sunscreen to the treatment area for up to 2 weeks to avoid incidental sun exposure.
- Avoid exfoliating agents like Retin-A, alpha or beta hydroxy acids, toners or any irritating creams / acids on the treatment area for one month.

Comfort Measures:

- Panadol or Ponston may be used for discomfort. Refrain from NSAIDs (see above) for 7-10 days.

- Antihistamines, like Avil and Soffin, may be used for minor itching.
- Cold packs or ice can relieve minor discomfort and reduce swelling. Ice for a maximum of 20 minutes per hour.

WHAT TO EXPECT IN THE RECOVERY PERIOD?

- You may return to normal activity immediately following your procedure with the exception of strenuous exercise.
- Most side effects from the treatment should not be cause for alarm. Symptoms are usually minor and should subside in time, as a normal part of the healing process. They may be alleviated with simple over-the-counter measures, as described above.
- Immediately following treatment, the treatment area may appear very red to flushed, which usually subsides within three days.
- Mild tingling, swelling, soreness, and tenderness may occur for up to three days.
- Bruising, particularly at injection sites, may last for several weeks.

WHEN CAN I EXPECT THE FULL RESULTS AND HOW LONG DO THEY LAST?

- A PRP Treatment will immediately remove the superficial layer of dead skin cells, leaving you with instantly healthier and more radiant looking skin.
- Collagen remodeling will continue for up to a year.
- Results of PRP treatments generally last for a year, at which time a maintenance visit should be scheduled. However, different regions demand different maintenance schedules.
 - PRP Filler & Microneedling for Face: It is recommended to repeat the procedure every 3-6 months. For acne scarring, hyperpigmentation or to target a specific skin problem, three sessions that are scheduled 4-6 weeks apart are recommended.
 - PRP for Scalp: Men should schedule three appointments 4-6 weeks apart. Women should schedule two appointments 4-6 weeks apart. Results are generally long-lasting and can be maintained without additional injections anywhere from two years to permanently. Some people may need to come in for maintenance after two years.
 - PRP for Décolleté (Breast Lift): There's an immediate lifting, smoothing and toning benefit from one treatment. However, for best results, we recommend a series of three treatments 4-6 weeks apart and yearly maintenance.
 - O-Shot (Women only): It is possible to notice results anywhere from immediately to several weeks after the procedure. Results can include better sexual functioning, a younger appearance, increased sexual arousal, as well as relief from stress incontinence. The effect can last for up to a year or longer, but will vary from person to person, hence yearly maintenance is recommended.

- P-Shot (Men only): Better sensation usually happens immediately following the procedure; however, a noticeable change in size usually takes several weeks to occur. Results can also include better sexual functioning, as well as enhanced pleasure and arousal. One treatment is recommended with results usually lasting several years. Some men require yearly maintenance of the procedure.

