



## **POST-TREATMENT CARE – PLATELET RICH PLASMA (PRP) & PLATELET RICH FIBRIN (PRF) WORLD PRP ®**

After your PRP or PRF treatment, the treated area will feel tight and sensitive post-treatment, similar to a sunburn. This is normal. You may apply ice packs or cooling cloths to the affected area immediately after treatment and up to 12 hours thereafter.

You may experience mild inflammation, redness, bruising, swelling and itching. This is normal. Continue to stay hydrated and increase your water intake for the week after treatment.

Avoid touching, pressing, rubbing or any form of manipulation to the treated area for at least 8 hours after treatment.

Use ONLY approved products on your treated skin to promote best results and avoid irritation, such as Cytoderma™, Skinceuticals Epidermal Repair, Hale Derma hypochlorous acid spray, or medical grade moisturizers. Patients must be very cautious about what is applied as skin can react to ingredients in skincare products that can lead to irritation, granulomas, and infection.

Wear sunscreen with at least SPF 30+ daily, a minimum of 24 hours post treatment.

Use prescribed home care products consistently and as directed to achieve optimal results. Avoid touching your treated skin unnecessarily. If you must ensure your hands are clean.

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