

Post Care for Injected PRP Face Lift with Fillers

What to expect after treatment: immediately following the procedure, the most commonly reported temporary side effects are redness, swelling, bruising, tenderness, tingling, numbness, lumpiness, and/or a feeling of pressure of fullness at the injection sites and / or in the treated areas.

Cold gel packs or ice may be gently applied immediately after treatment to reduce swelling.

To avoid bruising: Avoid alcohol consumption for a minimum of 6 hours and refrain from taking blood thinners such as Aspirin and NSAIDS for several days. Tylenol is recommended if needed for discomfort.

To maximize results and prevent complications:

- Avoid touching or scrubbing at the injection sites for 24 hours after treatment.
- Sleep on your back with your head elevated and avoid rubbing the treated area for 2 weeks.
- Avoid direct high heat (blow dryer, sun exposure, sauna, steam room, very hot shower, hot Yoga, strenuous exercise, etc) for 24 hours.
- Makeup may be applied immediately after the treatment if desired.

No facials, facial massages, or laser treatments for 2 weeks afterward. Most facials, chemical peels, laser and light treatments may be done immediately prior to the treatment, but not for 2 weeks after the treatment.

Injectable services are typically well tolerated, especially PRP. Immediate reasons to call us would include signs of infection or changes in color or sensation of tissue. These are rare complications but warrant immediate action.