

## PRP THERAPY POST TREATMENT ADVICE

After the PRP procedure, the skin may experience: redness & flushing - any redness should decrease over a 24-hour period. Swelling & pain, tenderness, stinging, itching, some pinpoint bleeding, tightness.

These sensations will usually typically resolve within hours and many people are able to return to their normal activities the same or next day. Some people may react differently and may experience these reactions for longer. However, they gradually subside over the next 3-4 days as the skin returns to normal.

There is a small risk of side effects causing the skin to turn very red, blister, swell, peel and later scab and crust. In severe cases infection and ulceration may result, although this is not expected to occur due to the sterility of the dermaroller/microinjector, needles, cannulas and the minimally invasive nature of them.

PRP Therapy procedure may cause areas of bruising although this would not normally be expected to occur, the eye contour being the area at most risk. Any such bruising will be temporary. If you are taking any medication or dietary supplements that can affect platelet function and bleeding time, the severity and period of bruising can be extended, also the presence of petechiae (small red or purple spots beneath the skin) may be observed.

There is a small risk that hyper-pigmentation of the skin can occur after the procedure, although this is not normally expected as the epidermis of the skin is not removed as a result of the procedure. Failure to follow the advice detailed below can increase this risk.

It is advisable to:

- Avoid products other than what has been recommended by my practitioner as others than the recommended may interfere with treatment.
- It is recommended that the use of soaps, other than those recommended by your practitioner, on the treated skin area is restricted until the skin normalises and where possible warm / tepid water and / or gentle skin cleansers are used for cleansing. Do not scrub. Pat to dry only.
- Refrain from touching the skin with your hands until the pores have had chance to close.
- Makeup can be applied once the skin has settled – usually the next day.
- The skin may flake after a couple of days - refrain from touching or pulling at any loose peeling skin as this can cause an uneven result in pigmentation.
- Avoid, electrolysis, depilatory creams, waxing, and laser hair removal for a minimum of 1 week after treatment or until the skin normalises.
- Avoid intensive sun light, saunas, sunbed, and steam bath for at least 1 week.
- Use adequate sunscreen protection for at least a week after treatment.
- Report any concerns to my practitioner as soon as possible.

Nutrition support suggestion:

- **Vit. A** 25 000 iu/day – enhances early immune response, cells differentiation
- **Vit. C** 1-2 gm/day - aids collagen synthesis, protects cells - fights free radicals
- **Protein** -0,8gm/day – prevents prolongation of inflammatory reaction
- **Zinc** -15-30 mg/day - aides cells proliferation and protein synthesis
- **Glucosamine** -1500mg/day – supplements HA production
- **Biotin** – important for the health of hair, skin and nails

### **Recommended skincare in between skin needling sessions**

Daily application of high potency skincare and a diet containing vitamin A, C, and E is highly recommended following the procedure for the acceleration of regenerative processes and consolidation of procedure results. Follow the directions of your Practitioner.

Although the PRP treatment is effective in most cases, it is recommended to have several treatments as suggested by your qualified practitioner.