

## **Injectable PRP**

### **Pre-Care:**

1. **Consultation:** Schedule a consultation with a qualified medical professional to discuss your medical history, expectations, and whether PRP is suitable for you.
2. **Avoid Blood Thinners:** To minimize the risk of bruising, it's advisable to avoid blood-thinning medications like aspirin, ibuprofen, and certain herbal supplements for a week before the procedure. Always follow your healthcare provider's recommendations regarding any medications.
3. **Hydration:** Stay well-hydrated in the days leading up to the procedure. Hydrated skin tends to respond better to cosmetic treatments.
4. **Skincare Products:** Follow any skincare routine recommended by your provider. This might include using mild cleansers and avoiding harsh exfoliants in the days leading up to the procedure.

### **Post-Care:**

1. **Avoid Touching the Treated Area:** After the procedure, refrain from touching the treated area to minimize the risk of infection.
2. **Ice Packs:** Your healthcare provider may recommend using ice packs to reduce swelling and soothe any discomfort. Use a clean cloth to cover the ice pack to maintain hygiene.
3. **Sun Protection:** Protect the treated area from direct sunlight. Use sunscreen with a high SPF, wear a hat, or use other sun-protective measures.
4. **Gentle Cleansing:** Cleanse your face gently using a mild, non-abrasive cleanser. Avoid harsh or abrasive skincare products.
5. **Avoid Blood Thinners:** Similar to pre-care, avoid blood-thinning medications and supplements after the procedure unless otherwise advised by your healthcare provider.
6. **Stay Hydrated:** Continue to stay well-hydrated to support the healing process.
7. **Follow-Up Appointments:** Attend any scheduled follow-up appointments with your healthcare provider to assess the results and address any concerns.
8. **Patience:** Results from PRP treatments may take some time to become noticeable. Be patient and follow the post-care instructions diligently.
9. **No Makeup Initially:** Your provider may recommend avoiding makeup on the treated area immediately after the procedure.
10. **Rest:** Give your body and skin some time to recover. Avoid strenuous activities and get enough rest in the first few days after the procedure.