



PRF and PRP **AFTERCARE**

To maximize your results and support proper healing, please follow these aftercare guidelines:

What to DO:

- Leave the PRF/PRP on your skin for at least 4–6 hours post-treatment to allow maximum absorption. If possible, leave it on overnight.
- Use a gentle cleanser and lukewarm water to cleanse your face after the waiting period. Pat dry with a clean towel.
- Apply a hydrating serum or recovery cream recommended by your provider to soothe and protect the skin.
- Stay well-hydrated and avoid excess caffeine or alcohol to support skin regeneration.

What to AVOID for 24–72 Hours:

- Do not apply makeup or other skincare products (including retinoids, acids, or exfoliants) for at least 24 hours.
- Avoid touching, picking, or scratching the treated areas.
- Avoid sun exposure and always wear broad-spectrum SPF when outdoors.
- Refrain from intense exercise, hot showers, saunas, or anything that causes excessive sweating for 24–48 hours.

What to Expect:

- Redness and mild swelling are normal and may last up to 48 hours. Some clients may also experience slight peeling or dryness as the skin renews.
- Tiny pinpoint scabbing or sensitivity can occur; do not pick or exfoliate these areas.
- Results continue to improve over the following weeks as collagen production increases.

Follow-Up:

- Avoid scheduling any additional facial treatments for at least 2 weeks.
- A series of treatments is typically recommended for best results. Your provider will advise on the ideal schedule for your skin goals.

Please contact us if you have any questions or experience unusual side effects.