

North Carolina Dermatology Associates

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PRP POST-TREATMENT INSTRUCTIONS

Please carefully read and follow these Instructions following your PRP treatment.

FACIAL CARE: Wash the face 6 hours after the treatment or before bedtime. You may gently massage the face with tepid water to remove serum and dried blood. Please do not use lotions or creams for at least 6 hours post treatment. Avoid sunscreen and make up for 12 hours. Make up may be used 24 hours post treatment. After 48 hours, you may return to your regular skin care regimen. Avoid alcohol-based toners for 14 days

SCALP CARE: You may wash/shampoo your hair 12 hours after the procedure

EXERCISING AND SUN/HEAT EXPOSURE: Avoid for at least 3 days following your treatment. It is best to avoid excessive sun exposure for at least 10 days. No tanning bed for at least 14 days. Please avoid swimming for 24 hours post treatment.

ALCOHOL, CAFFEINE, and CIGARETTES: Avoid for 3 days after your treatment.

DIET AND FLUID INTAKE: Please drink a minimum of 10 cups of water per day for the next 2 weeks.

AVOID: Please avoid touching, pressing, rubbing, or manipulating the treated areas for at least 12 hours

PAIN MEDICATIONS: Avoid NSAIDs (Ibuprofen, Naproxen, Diclofenac, Aleve, Motrin, Advil, Mobic, Duexis, Zorvolex, Zipsor, Vivlodex, Meloxicam, Voltaren, Arthrotec, Relafen, Indocin, Celebrex or similar anti-inflammatory medications etc.) for 1 week after treatment

SUPPLEMENTS: Avoid Curcumin, turmeric, Gingko biloba, garlic, flax oil, cod liver oil, vitamin A, vitamin E, or any other essential fatty acids stop for at least 3 days after your treatment.

WHAT TO EXPECT: It is normal to experience: bruising, redness, itching, soreness, and swelling that may last from 3-10 days following your procedure.

Contact our office if any signs of infection occur: pain, heat, excessive redness, swelling, pus, or odor.