

PRP/PRF
TREATMENT
aftercare

MERAKI SKIN CLINIC





It is normal to experience bruising, redness, itching, swelling and/or soreness that may last for 2-5 days following your treatment.

If you experience any pain or discomfort, you may take Tylenol or other Acetaminophen-containing products as directed.

- You may have a bruise at the blood draw site.
- You may notice a tingling sensation while the cells are being activated.
- Continue increased water intake the first week after your treatment.

AFTER CARE

- Do not apply ice to the injected area as ice acts as an anti-inflammatory.
- Continue to avoid aspirin, Advil, Motrin, Ibuprofen and other anti-inflammatory medications for 3 days after your procedure (if possible try for 7 days).
- Continue to avoid vitamins such as vitamin E, vitamin A, Ginko, Garlic, Flax, omega 3, and multivitamins for one week after your treatment.
- Avoid vigorous exercise, sun, swimming and heat exposure like saunas and steam rooms for 2 days after your treatment.
- Avoid alcohol, caffeine, and smoking for 3 days after treatment.
 - Smokers do not heal well and problems recur earlier and results may take longer.
- Avoid facial treatments or lasers for 2 weeks post-treatment.

FOR PRP HAIR PATIENTS

- You may notice some amount of redness or numbness on the scalp.
- Avoid rubbing or pressing the scalp for a few days.
- You can safely shampoo your hair the next day or 12 hours after the procedure.
- Limit sun exposure for a few days. Wear a hat if you must go out during the day.
- Refrain from using any harsh chemicals on the scalp for at least 72 hours after the procedure.
- Avoid resuming Minoxidil (Rogaine®), hair colouring, and straightening for 3 days.

Contact us

If any of the following signs of infection occur:

- Drainage – looks like pus
- Increased warmth at or around the treated area
- Fever of 101.5 or greater
- Severe pain that is unresponsive to over-the-counter pain relievers