

PRP / GFC Post Care

Expected Downtime

MILD REDNESS OR SWELLING FOR 1-2 DAYS. YOU CAN RESUME NORMAL ACTIVITIES THE NEXT DAY. AVOID SUN EXPOSURE AND MAKEUP FOR 24 HOURS FOR BEST RESULTS.

INDICATIONS: HAIR REGROWTH, SKIN REJUVENATION, DARK CIRCLES, ACNE SCARS

Before Your Session

- EAT A LIGHT MEAL 1 HOUR BEFORE.
 - DRINK AT LEAST 1-2 LITERS OF WATER.
 - AVOID ALCOHOL, CAFFEINE, AND SMOKING 24-48 HOURS BEFORE.
 - DISCONTINUE ASPIRIN, IBUPROFEN, VITAMIN E, AND OTHER BLOOD THINNERS 2-3 DAYS BEFORE (UNLESS MEDICALLY ESSENTIAL).
 - AVOID BLEACHING, WAXING, CHEMICAL PEELS, OR ACTIVE SKIN PRODUCTS FOR 5-7 DAYS.
 - WASH HAIR AND FACE THOROUGHLY.
 - INFORM US OF ANY HEALTH ISSUES OR MEDICATIONS.
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After Your Session

- DO NOT TOUCH OR WASH THE AREA FOR 8-12 HOURS.
 - AVOID HAIR OILS, COLOR, AND STYLING PRODUCTS FOR 24-48 HOURS (IF HAIR PRP).
 - NO MAKEUP OR ACTIVE SKINCARE FOR 24-48 HOURS (IF FACE PRP).
 - AVOID GYMS, SWIMMING POOLS, SAUNAS, AND STEAM ROOMS FOR 48 HOURS.
 - USE SPF 50+ AFTER 24 HOURS; FOLLOW PRESCRIBED AFTERCARE.
 - MILD REDNESS OR SWELLING IS NORMAL FOR 2-3 DAYS.
 - ELEVATE HEAD WHILE SLEEPING AFTER HAIR PRP TO MINIMIZE SWELLING.
 - STAY WELL-HYDRATED (2-3 LITERS/DAY).
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RARE Side Effects

- REDNESS, SWELLING, OR TENDERNESS
 - MILD HEADACHE OR HEAVINESS
 - BRUISING
 - TEMPORARY SHEDDING (SHOCK LOSS) - USUALLY RECOVERS
 - RARE: INFECTION OR ALLERGIC REACTION
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Note: 3-4 sessions are recommended for optimal results.