



## PRP Face Treatment – After Care Instructions

### Kayla Medical Center

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### Why After Care Is Important

Proper after-care following PRP face treatment helps enhance skin healing, boost collagen production, and improve overall skin texture and glow.

### First 24 Hours – Important Instructions

- Mild redness, swelling, or pinpoint marks are normal.
- Do not touch, rub, or massage the treated area.
- Avoid makeup for at least 24 hours.
- Do not wash your face for 12–24 hours unless advised.
- Avoid gym, sweating, and heavy physical activity.

### Skin Care Instructions

- Wash face gently with mild cleanser after 24 hours.
- Apply only doctor-prescribed creams or serums.
- Use a gentle moisturizer to keep skin hydrated.
- Apply sunscreen (SPF 40 or higher) when outdoors.

### What to Avoid for 48–72 Hours

- Avoid sun exposure, sauna, steam, and swimming.
- Avoid facial treatments, scrubs, or exfoliation.
- Avoid alcohol and smoking if possible.
- Avoid retinol, acids, or bleaching products.

### Normal Side Effects

- Mild redness, swelling, or bruising.
- Temporary sensitivity or tightness.
- Skin may appear dry before improvement begins.

### Results & Follow-Up

- Initial glow may appear within a few days.
- Collagen stimulation continues over several weeks.
- Follow-up sessions may be recommended for best results.

Patient Signature: \_\_\_\_\_

Date: \_\_\_\_\_

