



PRP Injections Aftercare

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Post Care

- Keep the treated area clean and dry for at least 12 hours after your procedure.
- Use only gentle skincare products for 24–48 hours. Avoid exfoliants, acids, and retinol-based products.
- Stay well-hydrated by drinking plenty of water to support healing.
- Sleep on your back with your head slightly elevated if the treatment was on your face or scalp.
- Apply broad-spectrum sunscreen (SPF 30 or higher) if going outdoors.
- Use a cold compress as needed to reduce swelling (15 minutes on, 15 minutes off).
- Gently wash the area the next day unless otherwise instructed.
- For hair PRP: use a mild shampoo starting the day after treatment.
- Avoid strenuous exercise, sweating, steam rooms, hot tubs, or saunas for 24–72 hours.
- Refrain from touching, rubbing, or massaging the treated area.
- Do not apply makeup or skincare to the area for at least 12–24 hours.
- Avoid sun exposure and tanning beds.
- Do not consume alcohol, smoke, or take anti-inflammatory medications (like ibuprofen or aspirin) for 3–7 days, as these may interfere with the body's natural healing process.

What to Expect

- Mild redness, swelling, tenderness, or bruising is common and typically subsides within 3–5 days.
- You may experience temporary tightness or small bumps in the treated area.
- For hair PRP, mild shedding may occur before new growth begins.
- Results are gradual and build over time. Most clients benefit from a series of three (3) treatments spaced 4 to 6 weeks apart for optimal results.