



PRP Injections Aftercare

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Post Care

What to Expect After Your Treatment

- Redness, swelling, tenderness, and firmness in the treated area are common and typically resolve within a few days to a few weeks.
- You may also experience:
 - *Numbness*
 - *Tingling*
 - *Itching*
 - *Cramping*
 - *Mild discomfort* (especially when the area is touched)
 - These symptoms are normal and may last for several weeks.
 - Bruising may occur and can take 1–2 weeks to fade.

Activity

- Normal daily activities, including exercise, can be resumed immediately.
- If you experience tenderness, avoid tight clothing over the treated area for the first few days.

Comfort Measures

- You may take Tylenol (acetaminophen) for discomfort as needed.
- Avoid NSAIDs (e.g., ibuprofen) for 48 hours, unless instructed otherwise by your provider.
- Apply a cold compress or take a cool shower to ease discomfort.
- Light massage of the treated area is safe and may help enhance your results.

Hydration & Nutrition

- Drink plenty of water to support your lymphatic system and recovery.
- Maintain a healthy, balanced diet to help sustain and improve your treatment results.

When to Expect Results

- Initial changes may be noticeable as early as 3 weeks post-treatment.
- The most dramatic results typically appear between 8–12 weeks.
- Your body will continue to eliminate fat cells for up to 4 months after treatment.

Additional Tips

- Fat cells treated during the procedure are permanently destroyed; however, remaining fat cells can still expand, so it's important to maintain a healthy lifestyle.
- Follow-up treatments may be recommended to achieve your desired results—ask your provider for a personalized plan.

When to Contact Us

- Please get in touch with your provider if you experience:
 - Intense pain not relieved by Tylenol
 - Unusual discoloration or firmness in the treated area
 - Signs of infection, such as *fever, warmth, or drainage at the site*
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