

PRP Aftercare Instructions

Thank you for choosing us for your PRP treatment. Proper aftercare is essential to ensure safe healing and the best possible results. Please follow these instructions carefully:

What to Expect:

- Mild redness, swelling, tenderness, or bruising at the injection sites
- Treated areas may feel tight or slightly sore
- A sensation of fullness in the treated area is common
- Results develop gradually over 4 to 12 weeks as collagen and tissue regenerate

Immediately After Treatment:

- Avoid touching, pressing, or massaging the treated areas
- Stay upright for at least 4 hours; avoid lying flat or bending forward
- Refrain from applying makeup, creams, or other products for at least 6 hours
- Use a cold compress gently if needed for swelling (do not apply ice directly to the skin)

First 24 Hours:

- Do not wash or wet the treated area for at least 6 to 8 hours
- Avoid strenuous exercise, heavy sweating, saunas, and steam rooms
- Stay well hydrated by drinking plenty of water
- Sleep with your head elevated if PRP was performed on the face or scalp
- Avoid alcohol and smoking to support optimal healing

Ongoing Care (Days 2-14):

- After 24 hours, resume gentle cleansing and moisturizing
- Avoid using retinoids, acids, or exfoliants for at least 5 to 7 days
- Protect the treated area from sun exposure with a broad-spectrum SPF 30 or higher
- Avoid facial treatments such as lasers, microneedling, or chemical peels for at least 2 weeks unless otherwise advised
- Gradual improvement will continue over several weeks

When to Contact Us:

ShimChing MD

Asia Pacific Plastic Surgery Inc.

Please reach out immediately if you experience:

- Significant or worsening swelling, redness, or pain after 48 hours
- Signs of infection such as warmth, pus, or fever
- Persistent lumps, bumps, or any unexpected changes at the treatment site
- Any sudden or severe discomfort

Additional Tips:

- Be patient as PRP stimulates the body's natural healing and collagen production
- Multiple sessions may be recommended for best results
- Maintain a healthy lifestyle including proper hydration, nutrition, and sun protection to enhance results

If you have any questions or experience any unusual symptoms, please contact us at 808.585.8855. Thank you for trusting us with your care!