

P/O Shot PRP Aftercare Instructions

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

What to Expect:

- Mild swelling, redness, or bruising at the injection sites
- A feeling of tightness or discomfort in the treated area
- Some soreness or tenderness for the first few days
- Gradual improvement over several weeks as tissue regeneration and healing occurs

Immediately After Treatment:

- Avoid touching, pressing, or massaging the treated area
- Apply a cold compress gently if swelling occurs (no direct ice to the skin)
- Refrain from any sexual activity for at least 24–48 hours
- Avoid strenuous activity or exercise that could put pressure on the treated area
- Do not apply makeup or topical products to the treated area for at least 6 hours

First 24 Hours:

- Refrain from washing or wetting the treated area for at least 6 hours
- Avoid hot showers, saunas, or heavy sweating from exercise
- Stay hydrated to support healing and recovery
- Refrain from alcohol or smoking, as they may hinder the healing process
- Sleep in a position that minimizes pressure on the treated area

Ongoing Care (Days 2-14):

- Continue to avoid any pressure or friction on the treated area
- Avoid sexual activity or any activities that put strain on the area for at least 1–2 weeks, as recommended by your provider
- Protect the treated area from direct sun exposure and avoid hot baths or saunas for 2 weeks
- Drink plenty of water and maintain a healthy lifestyle for optimal healing

When to Contact Us:

ShimChing MD

Asia Pacific Plastic Surgery Inc.

Please reach out immediately if you experience:

- Severe or worsening swelling, redness, or pain after 48 hours
- Signs of infection, such as warmth, pus, or fever
- Any noticeable asymmetry, discomfort, or changes in the treated area
- Sudden or severe pain or discomfort not discussed during your consultation

Additional Tips:

- Be patient as the results will develop gradually over the next few weeks as your body heals and regenerates tissue
- Follow all aftercare instructions for optimal healing and results
- Maintain a healthy diet, hydration, and avoid smoking to support healing
- Contact us if you have any concerns or questions throughout your recovery

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!