



CANADIAN BOARD
OF
AESTHETIC MEDICINE

Post-care Instructions

PRP Treatment:

Possible Side-effects:

- Local infection
- Skin discoloration

Post-care Instructions:

- **Do Not** take NSAID's drugs (aspirin, Advil, Motrin...) for 7 days after treatment
- **Do Not** drink alcohol for 72 hours after treatment
- **Do Not** take blood thinning agents such as vitamin E, vitamin A, Ginko, Garlic, Flax, Cod Liver Oil, Essential Fatty Acids at least one week after your treatment.
- **Avoid** exercise or strenuous activities for 24 hours
- **Avoid** hot yoga or sauna for 3 days
- **Avoid** sun exposure for 3 days (apply sunscreen)
- **Do Not** wash face or shower for 24 hours
- **Do Not** undergo other facial treatments for the next 2 weeks