



WESTLAKE
DERMATOLOGY
& Cosmetic Surgery

PRP Rejuvenation Post-Procedure Instructions

WHAT TO EXPECT:

- Day 1:** Erythema and red appearance. Severity will depend upon how aggressive the treatment was performed and how your skin reacts.
- Day 2:** A reddish or pink hue and mild swelling may persist.
- Days 3-7:** Skin will feel rough like sandpaper lasting up to 5 days. Do not use any sort of scrub to speed up this process as it can cause moderate to severe skin irritation.

HOME CARE:

- Avoid direct sun exposure for 10 days if possible.
- Wash the face thoroughly a few hours after the treatment. Gently massage the face with tepid water and remove all serum and other debris (there may be some dried blood that you can remove at this time). You may use a very gentle cleanser avoiding any type with acids such as AHA and scrubs. Avoid the sun and do not apply sunscreen the same day as the treatment unless it is paraben free. Undesirable chemicals in most sunscreens can penetrate the skin causing irritation and possible breakouts.
- For the first few days after treatment the skin will be very dry and tight. Generous use of a post recovery kit from Neocutis is optimal. This kit is paraben free and will sooth the skin while speeding up the recovery process. Mineral makeup can be used beginning the day after your treatment.
- After 2-3 days, you may resume your normal skin care routine. Vitamin A products are recommended, as well as peptides and growth factors.
- Avoid alcohol based toners for 10-14 days.

If you have any questions or concerns regarding your treatment, please call our office at (512) 615-3280.