



La Jolla Cosmetic
Medical Spa
est. 2013

PRP Injections Pre and Post Care

WHAT TO EXPECT

PRP is a 100% natural injectable derived from your own blood, designed to rejuvenate skin, restore volume, and stimulate collagen. Expect mild swelling, redness, and tenderness for up to 72 hours.

FIRST 24-72 HOURS

- Mild swelling, redness, or tenderness is normal.
- Small bumps or fullness may occur and will settle naturally.
- Use a cold compress for 5–10 mins at a time, if needed.
- Do not touch, press, or massage treated areas.

AVOID FOR 24-48 HOURS

- Vigorous exercise or sweating
- Hot environments: saunas, hot tubs, hot showers
- Alcohol or blood-thinning medications (unless prescribed)
- Makeup application over treated areas (wait at least 12 hrs)

SUPPORT HEALING

- Stay well-hydrated
- Use gentle skincare (no acids, retinols, or exfoliants for 3–5 days)
- Avoid sun exposure; use SPF daily

WHEN YOU'LL SEE RESULTS

- Improvements begin around 1–2 weeks post-treatment
- Full benefits develop over the next 1–3 months
- Follow-up sessions may be recommended